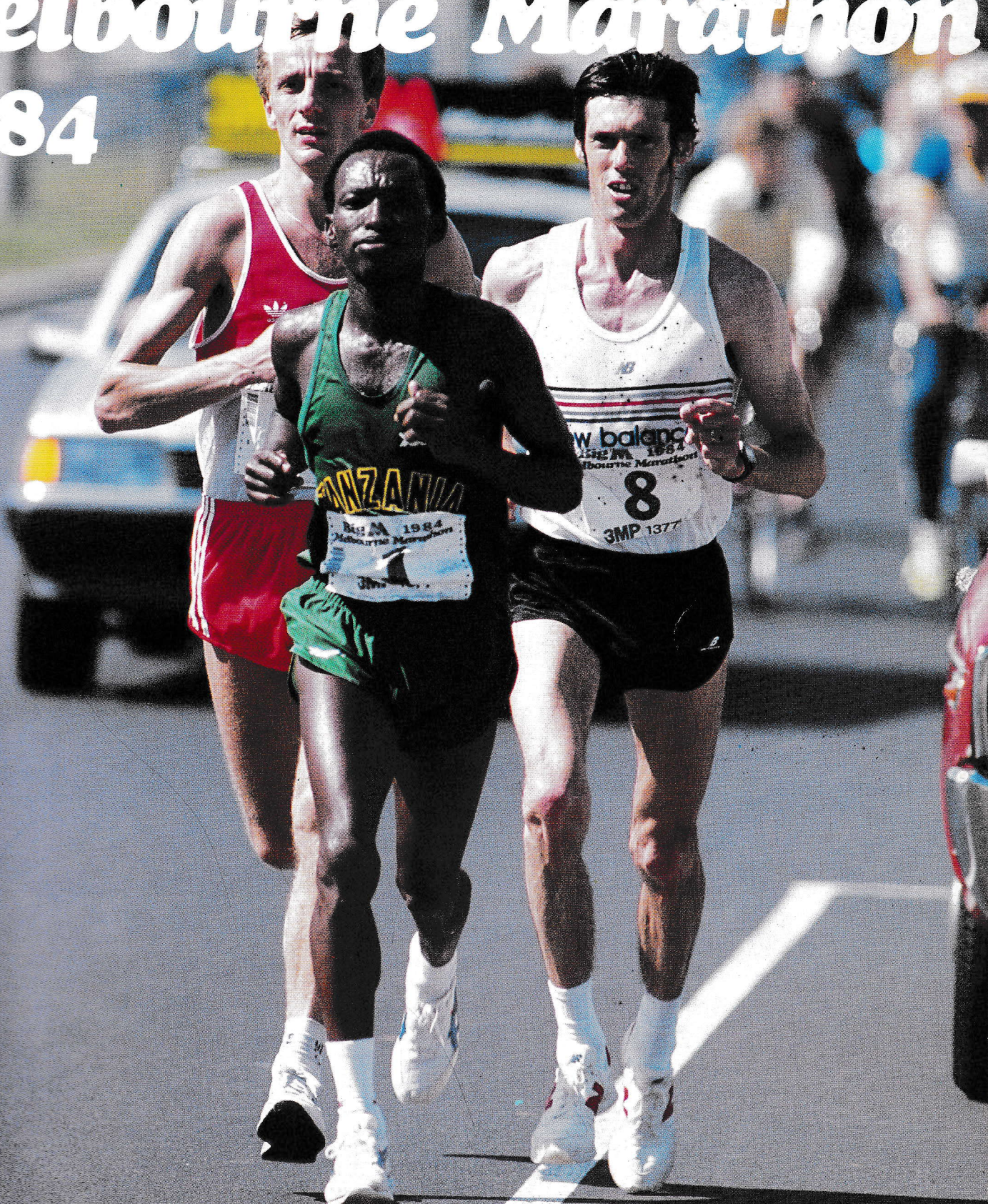


Big M

Melbourne Marathon

1984



**COMPUTER
TECHNOLOGY**

A UNIT OF MAYNE NICKLESS LIMITED (INC. IN VIC.)

**1984 Official Computer
results Courtesy of
Computer Technology**



The Big M is internationally recognized as one of the world's great marathons and the VDIA thanks all runners for their participation in 1984.

Dr J. M. Bryden
General Manager
Victorian Dairy Industry Authority



Big M Melbourne Marathon

The result book of the 7th Big M Melbourne Marathon again records many fine personal and race achievements.

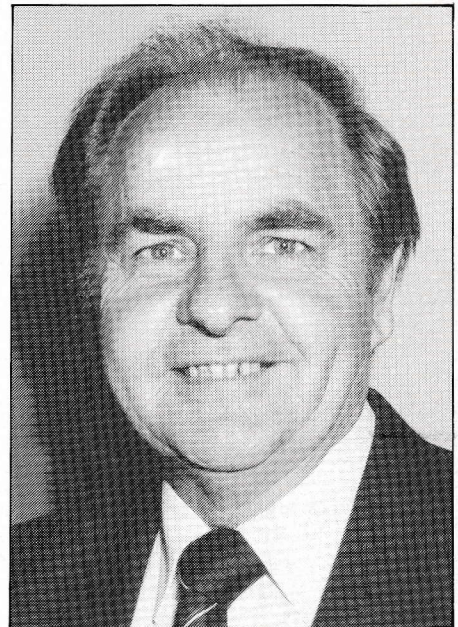
Of the 6345 entrants, 2318 entrants were participating in their first Marathon. A record total of 715 competitors came from Interstate and 11 overseas countries. Four overseas entrants, two from Tanzania and one each from Poland and the United Kingdom finished in the top 10.

I extend my personal congratulations to all participants.

As is appropriate for Australia's largest marathon, the Big M Melbourne Marathon has come of age internationally. Of course, runners on the international marathon circuit do not travel to Melbourne without good reason. The excellent organisation, enhanced this year by a pre-race Expo, and the interesting, varied course are solid incentives. All Marathoners and the people of Melbourne are grateful to the hard working organisers and the sponsors who make the event possible.

I would especially like to thank the Victorian Dairy Industry Authority, Melbourne City Council, 3MP Bay City Radio, City of Frankston, Statewide Building Society, Computer Technology, Adidas, HSV 7, Budget Rent-a-Car, Seiko, St Kilda Road Travelodge, Australia Motor Industries, Du Pont and Ansett Airlines.

Thanks are also due to the Victorian Jaycees for organising the recovery area this year. The City that gives the world the Melbourne Cup and the VFL Grand Final also hosts Australia's Premier Marathon. We are proud of the Race and the men and women who make it a success.



Congratulations and good training for next year.

Yours sincerely

NEIL TREZISE
Minister for Youth, Sport and Recreation
Patron, Big M Melbourne Marathon



The Big M Melbourne Marathon

Olympic Park Administration Building,
Swan Street, MELBOURNE, Vic. 3002, Australia Telephones (03) 428 7808, 429 5105

Dear Marathoner,

Congratulations on being part of the 7th Annual Big M Melbourne Marathon. 1984 saw 6346 entrants including 363 women, 685 from interstate, 30 overseas entrants from 11 countries, 10 wheelchair entrants and 2318 running the marathon for the first time.

As executive director of Melbourne Marathon Incorporated it has been a busy year. 1984 saw new developments including the staging of the Royal Life Half Marathon a most successful event with a new Australian record set, also the Myer Women's 10K Classic in which a new Australian record entry for a women's only event was set. The 3MP Adidas 20 mile Warm-up run, the Forum of the Melbourne University and the Sports Expo at the World Trade Centre were important events in our lead up to the big day.

The Runner's Recovery area undertook major changes with a new location in the Alexandra Gardens. The Victorian Jaycees assisting with food and entertainment. Free massage and spas were also introduced in line with our continuing policy to improve Australia's largest marathon.

Juma Ikangaa received a warm welcome back after his 1983 victory and is surely a favourite with the Australian public. This year's race was most exciting with Ikangaa, Jerzy Skarzynski (Poland) and our own Steve Austin together until the 39.6 kilometre mark. Ikangaa proved too strong over the concluding stages to record his second consecutive victory in 2:15.31. The warm conditions are reflected in the winning times.

A bubbly and excited Margaret Reddan of Queensland was the first women in 2:43.40. Behind the stars came the men and women who are the heart of the Big M Melbourne Marathon, their performance indicates the great improvement in marathon running with a record number finishing under both three and four hours.

A warm welcome to our record interstate entrants and our overseas visitors, in particular Joseph Mong from Sarawak becoming the first person in his country to run a marathon.

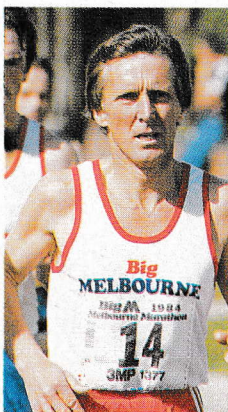
A warm thank you to the volunteer officials, Australian Sports Medicine Federation, St John Ambulance, Victoria Police and the army of helpers on the day.

To our sponsors and in particular the Victorian Dairy Industry Authority thank you for supporting this great race.

A special thanks to my staff and their tireless work and to the committee of Melbourne Marathon Inc.

I hope that in addition to enjoying your marathon experience, you achieved a goal by running in this race. Congratulations once again and best wishes for your continued success.

See you all on the line in 1985.



Ted Paulin

TED PAULIN
EXECUTIVE DIRECTOR



8.05 am Frankston from the 3MP helicopter.

THE VIEW FROM INSIDE THE 1984 BIG M MELBOURNE MARATHON

BY BRAM ALEXANDER
A Journalist with Channel 7



At last, the big day had arrived.

The months, weeks, days and hours of training and planning were all behind me. The Big M Melbourne Marathon, my first, started at 8 o'clock on Sunday, 14 October.

Frankston to the city is not that far really. All I have to do is run it. I kept saying that, and telling others, "All you have to do is run it."

Now I understand what someone means when they say they are quietly confident. They really mean it's important to put on a confident facade, when inside they are totally unsure and perhaps a little bit scared about what lies ahead. I was confident about my training, a hard/easy regime with plenty of those all important long runs of at least two hours. I just wasn't sure if I could put it all together on this all important day.

I had a target time, I had worked out some splits, I'd carbo loaded and had plenty of sleep in the final week. In retrospect my target to finish my first marathon

inside three hours, was perhaps a little ambitious. But then again, there's nothing wrong with setting goals. I remained quietly confident.

I was not alone in setting a goal that day. 6346 others were in Frankston with one thing in mind, running a marathon. My mates Carl Kitchen and Bruce Phillips, both first timers were there also.

About the only thing we had no control over was the weather. For those finishing inside three and a half hours the conditions were ideal. For those taking longer over the 42.195 kilometre course the heat would be telling. The estimated maximum temperature was 19 degrees and by race start there was a cool westerly blowing. We agreed the conditions would suit us. We also agreed we were all relieved the day had arrived . . . each of us wanted to put the experience in the past . . . we didn't have long to wait.

And the waiting during that final week was the hardest to cope with. There was

no chance to improve markedly on fitness . . . sharpening up mentally and physically was all. We are all supposed to perform better under stress. Having run from Frankston to Melbourne in my mind more than once in the final few days, I was keen yet apprehensive about how it would feel in reality.

I'm sure similar thoughts were occupying the minds of the 6346 at the start, even more so in the case of the 2276 first timers. But there was no obvious sign of pre-race tension in the marshalling yards. If anything the mood was surprisingly calm, relaxed. Or was it the calm before the storm? Or perhaps it was the fact that those who had experienced the distance generated a calm which helped settle others. There was no jostling for position, no frantic push forward to the start area. There was lots of chatter, a steady hub-bub as a mass of colourful, numbered runners moved towards the start.

Almost set, and up front the elite runners

Away in the 84 Big M.



were striding out, stretching or having already warmed up, were waiting calmly for the start.

Perched above the line was Olympic silver medallist Gary Honey. Resplendent in his wattle gold blazer. The long jumper fired the gun which released the field and a roar of appreciation and relief.

No turning back now, this was it.

Juma Ikangaa, the obvious race favourite, lead the field away. But there was plenty of competition. The corporal in the Tanzanian army had come back to defend the title he'd won the year before. He also wanted to crack the race record of 2:11.08 set by evergreen American Bill Rodgers.

Poland's Jerzy Skarzynski was up with Ikangaa, so too was Croydon bricklayer Steve Austin, competing in his second marathon. These three were to be the focus of the great many people who had lined that flat, fast course from Frankston to the Arts Centre near the centre of Melbourne.

Back in the pack Carl, Bruce and I didn't get away as quickly as the front few rows, but that's to be expected. We walked leisurely to the starting line, but inside each of us was burning to get away. The quips were flowing freely too. "There's nothing to his marathon running," said one wag as we jog/trotted over the line. I'd like to know if he still has the same opinion. Our trio didn't have to wait long to stretch out and settle into a reasonable pace. We were threading our way through the field even though runners took up well over half of the roadway.

The news helicopters buzzed over the field and after giving the armchair athletes at home a good look at the number of

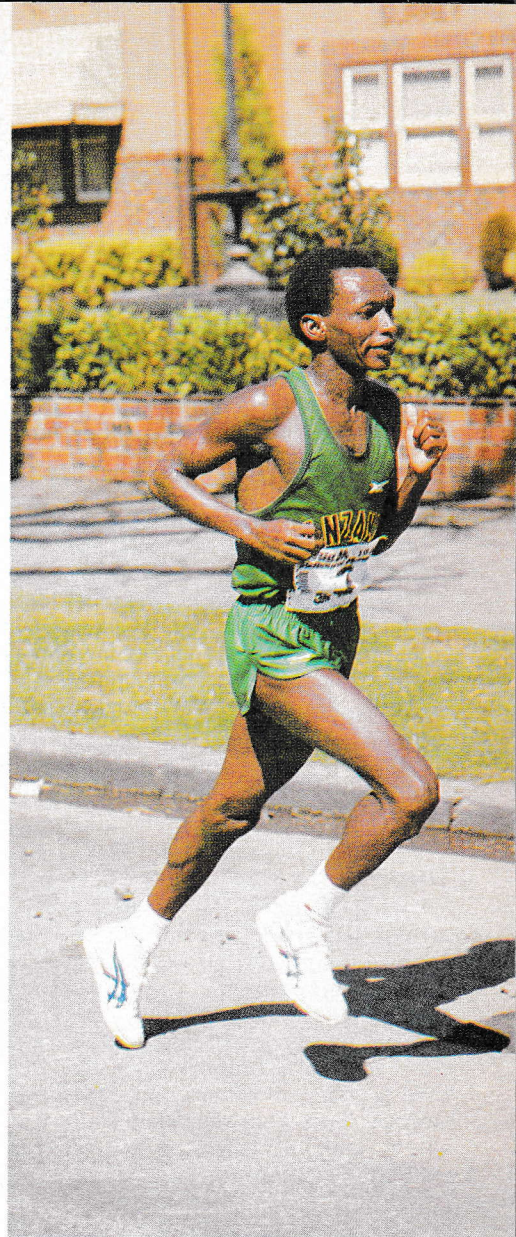
runners moved off in search of the leaders.

I was surprised by the jovial attitude in the early stages. It seemed like everyone was out on a big training run with the distance and time being very flexible. This proved to be relaxing both mentally and physically. But I was soon to learn that a marathon is much tougher than even the toughest of training runs.

We passed five kilometres in just over 21 minutes. Fine, that's spot on. Both Carl and myself were travelling well. Bruce was beginning to blow and at about 7 km he backed off the pace. Carl and I continued to run steadily. Our 5 km splits were putting us around three hour pace, we both felt good. The chat began to diminish the further we went, but we could still converse and weren't labouring. Water stations were frequent, every 5 km and very welcome. There were plenty of sponges too and they were much appreciated. There was one promise I'd made myself long before the event, and one I was going to keep regardless of the conditions. Drink at every station. Even if you don't feel thirsty, your body is going to appreciate even a small amount of water.

At about 15 km we went past Rolet de Castella and that's when I had a negative thought, one which I kept to myself, but later it proved to be vital.

Just after the half way mark, in Balcolme Road, is the only substantial hill on the course. Carl and I had both run it during training. Carl was concerned about the hill and really attacked it. I thought to myself "I hope he doesn't blow up here, one hill isn't worth blowing the race for." Happily he didn't and he wore a big grin



Ikangaa makes the break.

Brian Dixon Chairman Melbourne Marathon Inc. finishing with a PB.

Neil Trezise Minister for Youth, Sport & Recreation presents the Minister's trophy to Juma Ikangaa.



as we coasted down the other side. Our time was still good. Three hours was not outside our grasp.

Up ahead a great race was developing. Although we were oblivious to it and more concerned with our own struggle, Juma Ikangaa and his two shadows Steve Austin and Jerzy Skarzynski were making a race of it. A record it wouldn't be, but those watching at home on television or from the sidelines knew they were witnessing a tough three way mental and physical challenge.

And behind this super fast trio all kinds of other dramas were unfolding. Personal dramas, inner struggles involving worn bodies, but strong minds. The inner fight is relentless. You hear others talk about it and think you understand. The moment it happens to you the previous understanding is worthless. You had no idea.

Carl was running confidently, strongly. I was starting to flag, the distance was beginning to tell. It happened just after the 30 km mark. A drink, and a sponge. You've got no idea how good it feels. Just walk a bit, relax, you're doing well. There's a toilet over there, I'll feel better after I go.

I did. But when I came out Carl was gone. He slowed and waited for me to catch up, but I didn't. The next 12 km seemed a lifetime. I suddenly found my race pace was too fast. I could walk, but I didn't want to. But for stretches I had to. I tried to work off others going past me, and boy, there were lots. A few times I was able to lock into someone else and run with them, but it meant changing my pace, and that was really tough. I found I couldn't adapt to the changes my body was telling me to make. I couldn't find a comfortable pace quicker than a walk. The last eight kilometres was a nightmare. This is stupid I kept telling myself. "You'd eat this distance any other time, why shirk it now, you're failing." Around me others were finishing on strongly. That kept me going, their actions spurred me on. Turning into Fitzroy Street I heard "two and a half to go, only two and a half to go." That felt great. Then he passed me, going like a steam train and looking comfortable beyond belief. Rolet de Castella was surging to the finish. This gentle man of 60 was going to beat me, 30 years his junior. Forget for a moment who Rolet de Castella's son is. Here is a man who not many years ago would get angina from trying to tie his shoelaces. To look at him now you'd never guess he had a weak heart. I now have two heroes, both of them named de Castella.

For the record Rolet finished in 3:22.43, not a PB, but still a great run.

St Kilda Road loomed, cool, treelined and with plenty of vocal support along the way, and of course the finish. It was still a struggle, but one which was about to end. I didn't make a desperate scramble for the line, but had enough energy left to cross in some style, and not collapse on the other side. I finished in 3:27.16.

Carl ran 3:17.14, an excellent first up effort and Bruce was more than pleased with his 3:38.06. We discussed our experiences at length over a long lunch accompanied by several refreshing beers. We shared similar views.

There's no describing the sense of accomplishment at the end of the marathon. The achievement stays with you always . . . no one can take it away from you regardless of the time it took to complete the distance. And at the end, when the medal goes over your head, you feel twice your height and continue to float for a week.

After the initial euphoria passed I identified a few mistakes in my preparation and the way I ran on the day.

In future I'll have a better race plan and be better prepared for my next attempt at a marathon.

The real race was decided long before I crossed the line. Juma Ikangaa led from start to finish. Harassed by Steve Austin and Jerzy Skarzynski, Ikangaa finished well outside Bill Rodgers' record time.

But there are plenty of good reasons why the wiry, courageous Tanzanian missed the record. His lead up was less than ideal. He had to recover from the very quick time he ran at Los Angeles in the Olympic Marathon. But a missed flight in Bombay in the week before the Big M meant an uncomfortable two days for Ikangaa and some headaches for the race organisers. Ikangaa spent two days in the terminal building at Bombay airport. Without a visa it was impossible for him to leave and seek refuge in a nearby hotel. Yet when he did arrive in Melbourne the ever cheerful Ikangaa went straight to a pre-race press conference, fulfilled several other media commitments and that night appeared on National television.

After the race Ikangaa admitted he liked the conditions, but was disappointed in his time. The challenge from his fellow competitors was "not so tough". But he did have some praise for Austin and Skarzynski. Juma said quite seriously, "I think these two boys will be very good marathoners if they practice."

At one stage of the race Steve Austin began talking with another of the runners, something which upset Juma. He pulled away from the others because he did not want the chatter to break his concentration. "You can lose a race by accident, but you can't win by accident. You never know, you might get defeated if you get caught off guard." Juma Ikangaa is a tough little customer, ask Robert de Castella. The pair share a healthy rivalry. That rivalry, and a keenness to compete to the best of his ability will bring Ikangaa back to Australia next year when he hopes to match Andy Lloyd's record of three successive victories. And maybe next year Ikangaa will reel in that elusive record set by Bill Rodgers.

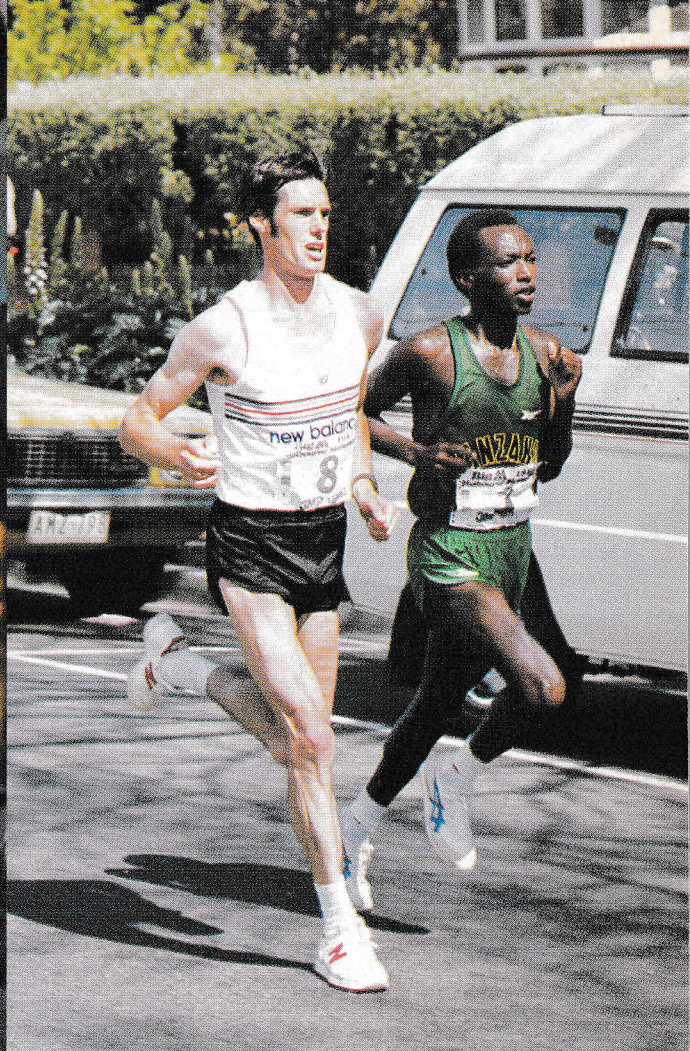
Croydon bricklayer Steve Austin said he was happy with his 2:16.01 to take second place in only his second marathon.



When the going gets tough.

Heading for Melbourne.





Austin and Ikangaa 39.5 k.

Behind the scenes.



A 10,000 metre specialist, Austin ran his first marathon, a fun thing in Fiji several years ago. Austin stuck with Ikangaa and Skarzynski all the way. When the Pole faded, Austin sat on Ikangaa's shoulder and the lanky brickie made it a race. But Austin's legs couldn't match the experience, or mental toughness Ikangaa had run into his slight frame. "I felt good up until 30 km and then I started to feel the strain. At 38 my legs just wouldn't work, they didn't want to go any further."

Despite that leg weariness Steve always gave himself a good chance of beating Ikangaa. He certainly gave it his best shot. He'll do the same when he competes in next year's London Marathon, his prize for a fine second placing. A more immediate goal for this Olympic representative is to excell at the distance he likes best, the 10,000 metres. A place representing Australia in the 1986 Commonwealth Games is the next step, but along the way this versatile athlete may "run a marathon from time to time." The 5 km splits recorded by the first three placegetters show just how close the race was. Barely a second separated them for the first 35 km. Somewhere between 35 and 40 Skarzynski fell off the pace. And just before 40 km Ikangaa kicked away from Austin, taking a 14 second break which he extended to half a minute.

The first woman to cross the line was 32-year-old Queenslander, Margaret Reddan. Her 2:43.40 was a personal best by more than three minutes in her fifth marathon.

Being a Queenslander Margaret rel-

ished the conditions . . . to her it was cool. Her performance was further enhanced by the fact she had just returned from two weeks in Hawaii and Cairns. As well as inspiring the other 358 women in the field Margaret was in turn inspired by the thousands of people along the route. Margaret has represented Australia internationally, including two Avon International Marathons in the United States, where marathons are taken very seriously. Her comparison between support here and in the States; "The crowds here are as good as in the US. The Americans are very vocal and Melbourne is on a par." Asked how she could remain composed after such a gruelling distance and setting a personal best, Margaret smiled broadly and said; "It's nice to win."

There were many firsts associated with this year's Marathon. Entrants could see their 5 km split times on electronic Seiko clocks along the course, bar coding of numbers to assist the computer compilation of results was introduced and preceeding the event for three days was a runners expo.

Perpetual trophies for the oldest male and female finishers in the event are also new this year. The trophies are known as the Jack Woodruff Memorials, in memory of the former Lord Mayor of Melbourne who died earlier this year.

There was a very close contest for the oldest male award. Seven men aged 70 entered the marathon, and remarkably six finished.

The oldest man to finish was South Australian Alfred Ryan. He ran 4:49.27 in

his third marathon, and although not a personal best, Alfred was more than pleased with his performance and thrilled that he'd won a trophy. A retired waterside worker, Alfred was a late convert to running. His first event was the City to Port 15 km in Adelaide in 1980. He has run in that event every year since.

A member of the South Australian Road Runners, Alfred trains every second day, often with a group around his own age. His preparation for the Big M consisted of runs varying between 15 and 21 kilometres. And yes, Alfred will be back next year to improve on his Big M time.

There's plenty of scope for improvement in Kathleen Butler's time of 5:58.25. In her first marathon the 67-year-old grandmother and housewife from Caulfield was intent on one thing, finishing. Kathleen was stunned when the news of her trophy win was relayed to her. She says there were many others who helped her through the run. Son Terry had run in two previous Big Ms and stayed with his mother for much of the event. "It was due to him that I finished. Near the end he ran ahead and arranged a great welcome for me when I crossed the line." Along the way Kathleen had plenty of support. Ten of her 15 grandchildren urged her on from various vantage points. Kathleen was also thankful to the many other children who offered her water at the many unofficial water stations.

But what prompted a grandmother to take on a marathon at the age of 67? In Kathleen's case it was a great love of walking, "I've walked from Caulfield to

Steve Austin receives Computer Technology \$1000 participation award from general manager Brian Youston.

One mile bridge — Frankston.



Frankston before, so the next thing was to enter the marathon. I kept it a secret for a while but the word got out and my family thought I was crazy. When I thought I might pull out six weeks before the run, my family rallied round me and convinced me not to give up all the hard work I'd put in. It's something I'll be able to think about when I relax in my rocking chair."

And Kathleen hastened to add that would be a while. Her family think the Marathon was a one off, but Kathleen's got news from them, she'll be running again next year.

Among the internationals in the field was 40-year-old Joseph Mong from Sarawak, small state in Malaysia. By finishing in 3:47.29 Joseph became the first person in the history of Sarawak to run a marathon. Despite a daily average temperature of 37 degrees in Sarawak, Joseph had been in training since June. Before the event he was worried about telling people from his hometown of Kuching what his plans were. He was afraid he might fail to finish. But now Joseph Mong can hold his head high in the knowledge that he's the only person from Sarawak to have completed a marathon.

There were 42 athletes twice my age who completed this year's marathon. Thirty six of them were in the 60 to 69 age group. Six were aged 70. They'll be back next year, along with the elite runners and all will try to better their times.

I'll be back too. Once bitten, the sting from the running bug takes a long time to wear off.



Big M girls in the pink — presenters of the Melbourne City Council medallions.



Ian Olifent SA 1st Interstate finisher — takes a sponge.

Melbourne Lord Mayor Eddie Beacham presents the first woman Margaret Reddan with the Lord Mayor's trophy.





City Hall, Melbourne.

CITY OF MELBOURNE

The Big M Melbourne Marathon sparks a challenge which tests the fitness and character of men and women each year.

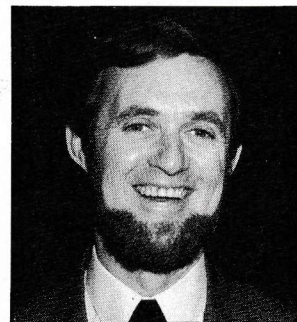
This year 6346 competitors took part. For some, it was the first time, for others the Marathon has become a yearly test — but regardless of finishing times, the thrill of the race is in being there.

The City of Melbourne is pleased to be a major sponsor of the Big M Melbourne Marathon and is particularly pleased to recognise the achievements of our paraplegic participants who this year competed for the Melbourne City Council Inaugural and Perpetual Trophies.

To all those competitors who completed the course from Frankston to Melbourne City, the Council is pleased to present a City of Melbourne Medallion as a mark of respect for their achievement.

The Melbourne City Council's involvement in the Marathon is our acknowledgement of an annual event which has become a colourful and exciting highlight of our sporting and social calendar.

E. J. Beacham, J.P.
Lord Mayor





Concentration at the start.

Former Olympian and Commonwealth Games gold medallist Judy Pollock.



Jill and the girls.



The beginning.

Away and racing.





Big M

1984 BIG M MELB

WINNER — Gold Big M Melbourne Marathon Medallion. Minister for Youth, Sport and Recreation Perpetual Trophy.

FIRST FEMALE — Gold Big M Melbourne Marathon Medallion. Lord Mayor of Melbourne Perpetual Trophy.

FIRST AUSTRALIAN MALE — Trip to compete in the 1985 London Marathon.

FIRST AUSTRALIAN FEMALE — Trip to compete in the 1985 Osaka Marathon.

First 10 Males

| | |
|-------------------------------------|---------|
| 1 J. Ikangaa, Tanzania | 2:15:31 |
| 2 S. J. Austin, South Croydon, Vic. | 2:16:01 |
| 3 J. Skarzynski, Poland | 2:17:12 |
| 4 P. B. Mitchell, Nunawading, Vic. | 2:20:45 |
| 5 P. Hiiti, Tanzania | 2:21:32 |
| 6 B. W. McKerrow, Elwood, Vic. | 2:22:05 |
| 7 S. G. Forster, England | 2:23:35 |
| 8 M. P. Hearn, East Malvern, Vic. | 2:24:58 |
| 9 I. D. Olifent, Ascot Park, SA | 2:25:38 |
| 10 B. G. Kelly, Ouyen, Vic. | 2:25:53 |

First 10 Females

| | |
|--|---------|
| 1 M. A. Reddan, Benowa, Qld. | 2:43:40 |
| 2 B. M. McKerrow, Elwood, Vic. | 2:47:20 |
| 3 A. Y. Perkins, Cook, ACT | 2:47:40 |
| 4 B. K. Byrnes, Hawthorn, Vic. | 2:54:39 |
| 5 H. A. Edmonds, Diamond Creek, Vic. | 2:55:46 |
| 6 R. Thomas, Cairns, Queensland | 2:57:51 |
| 7 M. Mitchell, Bundoora, Vic. | 2:57:58 |
| 8 C. L. Setterfield, Wheelers Hill, Vic. | 2:59:28 |
| 9 P. A. Trowbridge, Canterbury, Vic. | 2:59:52 |
| 10 B. Fay, East Malvern, Vic. | 3:00:53 |

First Male over 40 — City of Frankston Trophy

I. E. Graves, West Pennant Hills, NSW 2:27:06

First Female over 40 — City of Frankston Trophy

B. Fay, East Malvern, Vic. 3:00:53

First Male 40-44

I. E. Graves, West Pennant Hills, NSW 2:27:06

First Female 40-44

B. Fay, East Malvern, Vic. 3:00:53

First Male 45-49

P. Hannaford, Mount Waverley, Vic. 2:32:16

First Female 45-49

M. Smith, Surrey Hills, Vic. 3:05:50

First Male 50-54

A. Hartley, Darlington, SA 2:52:24

First Female 50-54

S. G. Young, Blackburn, Vic. 3:28:50

First Male 55-59

V. F. O'Brien, Vermont South, Vic. 2:56:17

First Female 55-59

J. Albury, Beaumaris, Vic. 3:09:14

First Male 60 and over

G. B. McKeown, Foster, Vic. 2:56:09

First Female 60 and over

V. M. Palin, Balwyn, Vic. 4:21:33

Oldest Male — Jack Woodruff Memorial Trophy

A. J. Ryan, Kilburn, SA (70) 4:49:27

Oldest Female — Jack Woodruff Memorial Trophy

K. V. Butler, Caulfield, Vic (67) 5:58:25

First Male (Under 20) — Victorian Dairy Industry Authority Trophy

T. W. E. Josefsson, Pantom Hill, Vic. (19) 2:34:41

First Female (Under 20) — Victorian Dairy Industry Authority Trophy

T. K. Jukes, Wheelers Hill, Vic. (18) 3:37:09

First Male Paraplegic — Melbourne City Council Trophy

P. J. Trotter, Artarmon, NSW 2:09:09

First Female Paraplegic — Melbourne City Council Trophy

J. M. Randles, South Melbourne, Vic. 2:55:12

Courage Awards — Victorian Dairy Industry Authority Trophies

M. R. Sowerby, Upwey, Vic.
G. Burns, Geelong, Vic.

First Male Novice Marathoner — Statewide Building Society Trophy

P. S. Tucker, Malvern, Vic. 2:31:57

First Female Novice Marathoner — Statewide Building Society Trophy

G. M. Turnbull, Bahrain 3:00:53

First Male Interstate Finisher — Victorian Tourist Commission Trophy

I. D. Olifent, Ascot Park, SA 2:25:38

First Female Interstate Finisher — Victorian Tourist Commission Trophy

M. A. Reddan, Benowa, Qld. 2:43:40

COMPUTER TECHNOLOGY TEAM CATEGORIES:

- (a) **ATHLETIC CLUB — MALVERN HARRIERS**
B. W. McKerrow, M. P. Hearn, P. J. McMahon
- (b) **SPORTING CLUB — BARSON COMPUTERS**
M. Hughes, E. G. Dobie, I. J. Bowden
- (c) **COMMUNITY SERVICE CLUB — WARRAGUL SEARCH & RESCUE**
D. A. Birks, J. DeVisser, J. W. Bundle
- (d) **BUSINESS HOUSES/WORK — MONASH UNIVERSITY**
R. Q. Groom, W. L. Sayers, L. L. Burgess

1984 BIG M MELBOURNE MARATHON STATISTICS

| | |
|---------------------|-------|
| Entrants | 6,346 |
| Females | 363 |
| Interstate/Overseas | 715 |
| First Marathoners | 2,318 |
| Wheelchairs | 10 |
| Finishers | 4,691 |
| Females | 249 |

URNE MARATHON RESULTS

(e) **GOVERNMENT & SEMI GOVERNMENT — MELBOURNE FIRE BRIGADE**

P. J. Hunt, R. D. Johnson, P. C. Adamson

(f) **OPEN WOMEN'S TEAM — MALVERN HARRIERS**

B. M. McKerrow, P. A. Trowbridge, B. Fay

(g) **WHEELCHAIR TEAM — NEW SOUTH WHEELIES**

P. J. Trotter, J. Wiseman

(h) **VETERAN MEN'S TEAM (40+) — SUPERVETS**

D. L. Le Bas, G. M. Molloy, T. J. Seymon

(i) **VETERAN WOMEN'S TEAM (40+) — VETERAN GIRLS**

J. Albury, M. C. Smith, C. G. Cameron

3MP FAMILY CATEGORIES:

(j) **HUSBAND & WIFE**

L. P. & J. E. Brimacombe

(l) **MOTHER & SON**

M. & M. A. Baldwin

(m) **FATHER & DAUGHTER**

R. S. Stanway & M. T. Tomkins

(n) **FATHER & SON**

V. F. & M. A. O'Brien

(o) **BROTHER & SISTER**

J. F. Crosby & M. Dale

VICTORIAN JAYCEES (UNDER 20) AWARD — RETURN TRIP TO NEW ZEALAND TO COMPETE IN THE CITY OF CHRISTCHURCH INTERNATIONAL MARATHON, IN JUNE, 1985

T. W. E. Josefsson, Pantom Hill, Vic (19) 2:34:41

1985 MARATHON

Sunday, 13th October, 1985
commencing at 8 a.m.

COMPUTER TECHNOLOGY \$1000 PARTICIPATION AWARDS TO:

| | |
|--------------------------------|--|
| 1st Australian Male — | S. J. Austin, South Croydon, Vic. |
| 2nd Australian Male — | P. B. Mitchell, Nunawading, Vic. |
| 3rd Australian Male — | B. W. McKerrow, Elwood, Vic. |
| 1st Australian Female — | M. A. Reddan, Benowa, Qld. |
| 1st Australian Veteran (40+) — | I. E. Graves, West Pennant Hills, N.S.W. |

**Photographs by
Mike Rayner
and
Tony Feder
of**

Impressions Photography P/L

1984 Big M Melbourne Marathon Feature Prize Winners

EARLY ENTRY PRIZES:

* Ansett major early entry prize — return tickets to Sydney for two for the 1984 City to Surf to: G. R. Magor, Frankston, Vic.

* ADIDAS WEEKLY PRIZE — DYNAMIC RUNNING SHOES AWARDED TO:

B. Cook, Strathmore, Vic.
G. A. Farmer, Berwick, Vic.
A. C. Smith, Bentleigh East, Vic.
H. N. Triantafillou, Northcote, Vic.
J. R. James, West Essendon, Vic.
K. S. Yarsley, West Brunswick, Vic.
W. P. Falkingham, Dingley, Vic.
T. R. Dancer, Preston, Vic.
W. S. Thompson, Seaford, Vic.
J. R. Duncan, Moorabbin, Vic.
W. H. Schofield, South Yarra, Vic.
P. W. Smith, Box Hill, Vic.
N. G. Cops, Ocean Grove, Vic.
G. Tierney, Gladstone Park, Vic.

SELECTED AT RANDOM FROM ALL FINISHERS WITHIN 6 HOUR TIME LIMIT:

* Ansett return tickets to Sydney for two for the City to Surf, August, 1985 to: J. W. Wallace, Frankston, Vic.

* Adidas New York track suit awarded to:

R. J. Waters, Maribyrnong, Vic.
B. W. Mahany, Yarraville, Vic.
C. A. Clarke, Clapham, S.A.
B. A. Parker, Colac, Vic.
T. D. Bradford, Salisbury East, S.A.
M. J. Falkiner, Beaumaris, Vic.
D. J. Clancy, Mt Waverley, Vic.
J. H. Carter, Allansford, Vic.
M. H. Garfield, Mt Eliza, Vic.
W. M. Larter, Bayswater, Vic.

* Adidas Dynamic running shoes awarded to:

S. A. Hollow, Burwood, Vic.
B. J. Ryder, Macclesfield, Vic.
S. C. Frewin, South Yarra, Vic.
D. R. Bridle, Endeavour Hills, Vic.
R. Anderson, Lethbridge Park, N.S.W.
D. M. Edwards, Brunswick, Vic.
P. H. Milburn, Chadstone, Vic.
D. R. Debeen, St Albans, Vic.
P. S. Bouchier, Fairfield, Vic.
D. R. McRae, Hornsby Heights, N.S.W.



Juma Ikangaa (Tanzania)

| | |
|--------------------------------------|---------|
| 1982 1st Cairo | 2.21.05 |
| 1982 2nd Brisbane Commonwealth Games | 2.09.30 |
| 1983 1st Melbourne | 2.13.50 |
| 1983 2nd Fukuoka | 2.08.55 |
| 1984 1st Tokyo | 2.10.49 |
| 1984 1st Melbourne | 2.15.31 |

1984 BIG M MELBOURNE MARATHON RUNNERS FORUM

This year it was decided to change both the timing and the venue for the Runners Forum. The program was shortened to an evening session instead of a full day, and a city venue was chosen to provide a more central location for intending runners.

Furthermore, instead of being held the day before the marathon, it was felt by the committee that the advice given by expert speakers would be of more use if imparted to runners at least six weeks before the big day, so that any problems arising from their training could be rectified in that period.

These changes proved to be a wise move, and the Forum was completely booked out. It was held in the Copeland Theatre at Melbourne University and we thank the staff at the University for their help and co-operation and for the buffet supper provided for those attending.

Speakers for the first half of the evening were John Bruce, coach of the Kew-Camberwell Athletic Club, who recently returned from the USA where he gained a Master's Degree in Exercise at San Jose University. He put forward some sound advice on setting a realistic target for the marathon and

how to estimate a feasible time using a runner's 10 km time as a basis.

Dot Browne, successful and popular veteran runner, then regaled us with advice, well laced with humour, on how to improve your time and how to cope with disappointment if things go wrong, as they often do in marathons.

Following supper, we were delighted to welcome once again Dr Dick Telford from the Australian Institute of Sport in Canberra, Dr John Sumner, food technologist from RMIT, and Dr Peter Larkins, sports medicine physician, only just returned from the Los Angeles Olympics. All these speakers are marathon runners, and so have first-hand experience in the subject. Their talks, illustrated with slides and spiced with humorous asides, are of vital interest to those planning to run such an arduous event as a marathon. As always, they were bombarded with questions from the audience, and answers to those kept the panel busy until 11.30 pm when regretfully we had to draw the successful evening to a close.

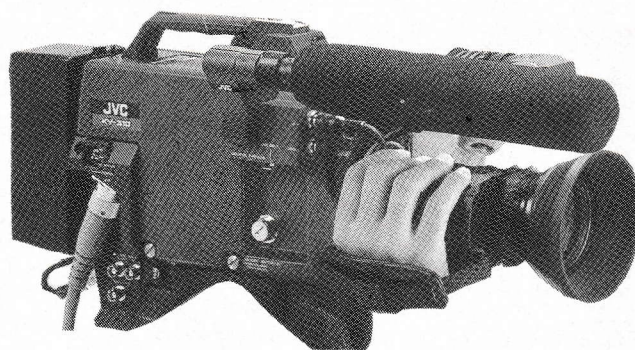
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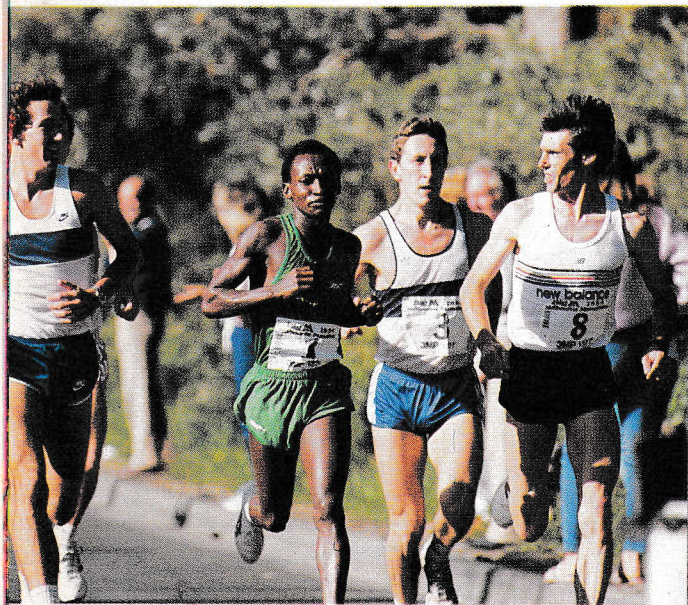
Beta and U-Matic.

Multiple copying and editing is available. Dubbing if required.

Minimum charge of \$50 plus tape costs. All projects competitively negotiated.



A real Aussie.



Steve Austin (right) chatting to Ikangaa and Forster.

How are you Dad?



3MP helicopter shot — moving towards Melbourne.

Free spas for weary bodies. Mobile Spa Hire ph. 583 8316.





Royal Life Half Marathon

PAUL LEONARD

As I was training the other night I noticed a new T-shirt on the 'Tan. A T-shirt worn by a proud group of runners who participated in the very first Royal Life Half Marathon, run on Sunday, 13 August this year. The Royal Life T-Shirt joins Nike, Big M, Puma, Adidas and other T-shirts that link companies such as Statewide, Ansett and Computer Technology to sport in a visible and most committed way. Royal Life are not only the sponsors of the Half Marathon, they are the innovators of Superfit Insurance, a new policy structure with 45 per cent discount on the premium for people who are demonstrably fit and committed to staying that way.

The race itself — out and back from Frankston to Chelsea on a fast, flat course — was run in sunny weather with a chilly wind behind you coming home. As could be expected of Melbourne Marathon Inc. the organisation was a winner with a lane of traffic closed all the way and total management of start and finish typical of the group that runs the Big M each year. Not forgetting of course the attention to

detail which saw the Certificates and woven badges awarded to everyone who finished.

It was a true, accurate course and had the added advantage that competitors could see the leaders on their homeward run which is always exciting as well as inspiring. One can see friends and rivals and where they are in the field, with the inevitable thoughts "Gosh what's he doing there?" or "He can't keep that up for long" managing to flash through your mind as you concentrate on closing the gap and pouring on that little extra effort.

It's a perfect distance. Half a marathon and half the time (or even a bit faster for some). But the effort, excitement and pre-race jitters don't get halved. For the "first timers" it's a long way. An uncertain adventure that creates its own unique reward to find yourself just finishing a big race for the first time.

For the "heavies"? Well, it's flat out. All the way.

This is the strength of the race. It's a run that most people who run, jog or even

walk regularly can finish relatively easily. In fact, 1214 people did finish. Among them 96 women and many wheel chair competitors who have become such a familiar group in long distance events. It is ideally timed and positioned to attract the Big M runners as preparation for October and yet it is also a race or fun run for those who just enjoy the feeling of togetherness, achievement, excitement and fitness that these events create.

It was also interesting to see that Royal Insurance people were putting their "all" into the race itself. Teams from Royal Life and Royal Life Insurance won first and second in the Business House/Work Team category and Bill Granger, deputy general manager of Royal Life Insurance, put in a creditable performance.

I thoroughly enjoyed the run and feel that it will grow enormously in the coming years.

My personal congratulations go to the winners and placegetters who were:

ROYAL LIFE HALF MARATHON RESULTS

- | | |
|-----------------------------------|---------|
| 1. Rex Wilson, Hastings, NZ | 1:03.22 |
| 2. Stephen Austin, Sth Croydon | 1:03.54 |
| 3. Jeff Coole, Glen Waverley | 1:04.11 |
| 4. Grenville Wood, Eden Hills, SA | 1:04.47 |
| 5. Bryan Lewry, Skipton | 1:05.12 |
| 6. Andrew Garnham, Glen Iris | 1:05.57 |

Women

- | | |
|------------------|---------|
| 1. Sally Pierson | 1:15.50 |
| 2. Barbara Bynes | 1:23.57 |
| 3. Judy Pollock | 1:26.51 |

First Wheelchair

- | | |
|-------------|---------|
| Male | |
| Chris Alp | 1:07.23 |

First Wheelchair

- | | |
|---------------|---------|
| Female | |
| Jan Randles | 1:24.04 |

The leaders.

PRIZE LIST — 1984

- | | |
|--|---------|
| First Male under 20 — B. Hutchins | 1:13.24 |
| First Female under 20 — R. Sutton | 1:49.20 |
| Oldest Male — K. Mander | 1:24.27 |
| Oldest Female — V. Palin | 1:55.23 |
| First Male 40-44 — E. Hodge | 1:11.56 |
| First Male 45-49 — E. Paulin | 1:13.10 |
| First Male 50-54 — B. Sawyer | 1:17.22 |
| First Male 55-59 — B. Van Asten | 1:24.02 |
| First Female 40-44 — J. Pollock | 1:26.51 |
| First Female 45-49 — M. Smith | 1:27.11 |
| First Female 50-54 — C. Field | 1:39.48 |

TEAM CATEGORY

- | | |
|--|---------|
| a) ATHLETIC CLUB — Box Hill A.A.C. | 3:19.09 |
| b) SPORTING/HEALTH CLUB — Southern Umpires | 4:50.59 |
| c) BUSINESS HOUSE/WORK — Royal Insurance Aust | 4:25.31 |
| d) GOVERNMENT & SEMI GOVERNMENT — Metro Marvels | 3:53.24 |
| e) VETERAN MEN'S TEAM — Shell Vets | 4:30.25 |

The winners — Rex Wilson NZ and Sally Pierson Vic.





0:15.

SEIKO



The Big M
FINISH
CITY OF FRANKSTON



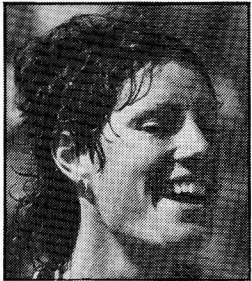
PHOTOGRAPH COURTESY OF 'CLASSIC STUDIOS'



MYER

WOMEN'S

10K CLASSIC



**RHONDA
MALLINDER**

Melbourne, Sunday 30 September 1984 dawned a beautiful day and the sun shone on the hundreds of woman runners who were milling in The Bourke Street Mall. Each woman there was about to take part in the biggest 'Women's Only' Fun Run event yet to be staged in Australia. In the minutes leading up to the classic, serious athletes mingled with joggers, young girls with grandmothers and school girls with teachers, each with their own aims about what they would achieve on that special day.

The atmosphere that was developing was not as serious nor tense as most 'Fun Runs' seem today. There was an air of friendship and co-operation between all of the women present. The scene was perhaps a little different to what is usually seen at the start of a Fun Run. Many roles were reversed, as husbands with children on hand, boyfriends and fathers gathered around to give last minute advice or collect tracksuits from their female associates.

As 9 am approached, the Mall was filled with 823 entrants who stood awaiting the starting signal from Dean Woods, one of Australia's cycling gold medal winners at the Los Angeles Olympics. The passage of several trams through the middle of the group had moved everyone forward of the starting line . . . but, no-one seemed upset and amicably moved back to a point below the Myer Women's Classic banner at the request of race officials.

The gun is fired and women ageing from 9 to 65 years begin on a scenic 10 kilometre circuit through the streets of Melbourne. Over the first two kilometres the field spreads, with those aiming for the winners prize heading past The Shrine, while those whose primary aim is just to complete the distance, jog past Flinders Street Station chatting to those around them.



The race has brought together a much larger number of women competitors than many had anticipated.

As time passed, a race was developing at the front of the field. Sharon Dalton of NSW and Victorians Megan Sloane and Tania Turney (who incidentally have all represented Australia) battled for race supremacy. It was Tania who broke away early and led the field at the half way mark. All of those who ran behind were having their own battles with those other competitors around them, or with themselves, aiming to pull out that extra ounce of energy which would get them to the finish line just that little bit faster.

All of those males who had gathered at the start, plus many more, lined the course around the tan. Some pushed strollers, a few rode bikes and others just offered encouragement as their female friends slogged it out in the glorious sunshine.

The first five kilometres seemed a long time coming. The leaders passed it in around 17 minutes, while those who were watching the whole event from the back of the field, jogged past this mark some 30 minutes later. At the seven kilometre point, everyone had the opportunity to check their position as the course did a U-Turn at Anderson Street and competitors were directed along the banks of the Yarra. At this stage Sharon, Megan and Tania were still close, all with the opportunity to grasp the first prize of a return trip to New Zealand and a \$600 Aywon Wardrobe.

However, the final section provided great vantage for spectators who watched the first three place getters battle it out for line honours. In the end it was our 16-year-old NSW visitor, Sharon Dalton, who crossed the line first in a time of 36 minutes 16 seconds. Box Hill athlete Megan Sloane was a short distance behind in 35 minutes 29 seconds and Tania Turney of Knox/Sherbrooke Club held on well to finish in 35 minutes 40 seconds. Sharon's prize for winning was a trip to New Zealand as well as a \$600 Aywon Wardrobe. All of the first three place-getters won their respective age division. Sharon won the 16-17 category, Megan, the 30-39 age category and Tania the 18-19 year old section.

Everyone in the race was to be a winner. As each person crossed the line, they were given a Myer 10 km necklace trinket as a reminder of their participation on that day. The first 30 competitors crossed the line in under 40 minutes which was a great achievement for Melbourne's first women's only run. As competitors continued to file around Yarra Park, that comradeship which had seemed so apparent at the start was still present as those who had already finished gave encouragement and praise to those who had yet to complete the course.

Amongst those who were finishing, some excellent performances were still being achieved. Perhaps best of all was Jean Albury, who at 55 easily won the 55-59 year age group and ran the magnificent time of 39 minutes 54 seconds. Jean proved this was a good indication of her form that was demonstrated in her fantastic three hour nine minute run in the Big M Marathon. Other good performances were also recorded by Lindy-Jane Trezise, Deanna Blegg, June Petrie, Dot Browne, Marg Smith, Rowena Barker and Bettina Woodburn who each won their age group category. (See results)

The appeal of the event was reflected in the fact that there were competitors as young as Fioran Bourke, who at age nine was the youngest to finish and Stella Murnane, who at 65 years clinched the most senior in age prize. Maree Brentnall of Cobram proved it was worth the trip to Melbourne as she won the random draw prize of a return trip to New Zealand and \$600 Aywon wardrobe.

At the conclusion of the event as everyone gathered around sipping their cups of tea and waiting for the prizes to be presented, it was obvious the day had been a great success and breakthrough for women's running. Women of all ages and from all walks of life had gathered together to compete and enjoy the atmosphere of friendship. From the comments made by those who had competed and the overall success of this inaugural run, it seems likely that this event will grow in numbers and prestige in the years to come.



The moment of joy.



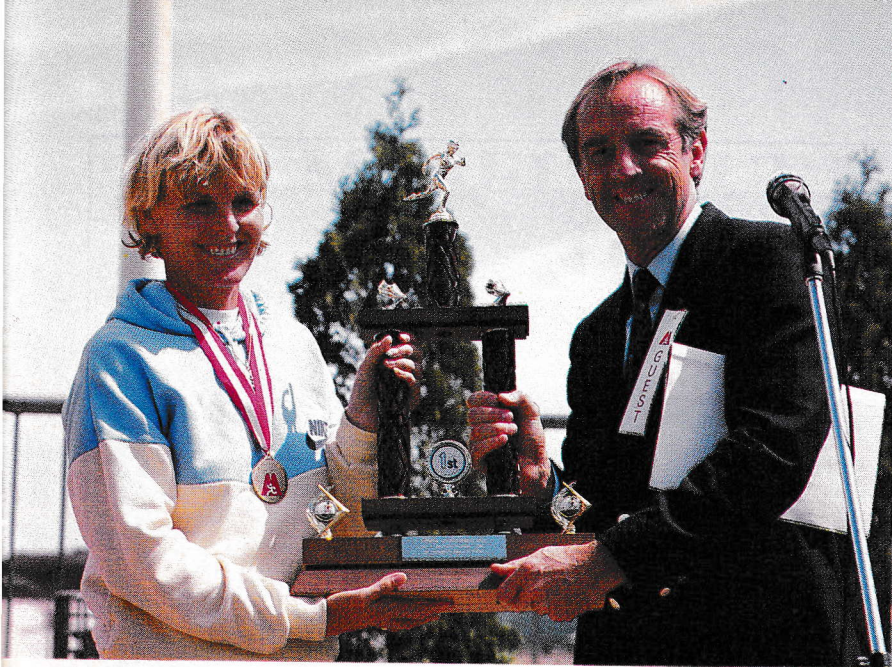
| PLACE | TIME | NAME | START NO | AGE | PLACE | TIME | NAME | START NO | AGE |
|-------|---------|-------------|----------|----------|-------|---------|---------------|----------|----------|
| 4366 | 4:52:03 | WRIGHT | AR | C0814 38 | 4576 | 5:17:43 | EDELSTEN | DL | F0103 13 |
| 4367 | 4:52:08 | KOCH | PK | E0662 17 | 4577 | 5:17:45 | HORN | DM | B0750 13 |
| 4368 | 4:52:13 | MOSIG | J | F0372 28 | 4578 | 5:17:59 | OHLSEN | HJ | D0430 22 |
| 4369 | 4:52:18 | BAILES | R | A0698 29 | 4579 | 5:19:23 | VAN DER HEYDE | SD | C0391 46 |
| 4370 | 4:52:18 | DILLUN | DT | C0142 24 | 4580 | 5:19:29 | STOKIE | CF | A0213 15 |
| 4371 | 4:52:22 | GIBSUN | AJ | O0990 17 | 4581 | 5:19:47 | TORNEY | RET | C0882 46 |
| 4372 | 4:52:24 | SMITH | DC | C0435 32 | 4582 | 5:20:30 | DOUGLAS | NG | E0753 23 |
| 4373 | 4:52:25 | NEILSON | RA | E0136 33 | 4583 | 5:20:44 | GRUVES | B R | A0012 54 |
| 4374 | 4:52:29 | GAULT | RJ | B0632 35 | 4584 | 5:20:44 | DUTTON | B | G0040 45 |
| 4375 | 4:52:37 | KEITLEY | KU | B0890 00 | 4585 | 5:20:50 | BEWLEY | R | F0214 38 |
| 4376 | 4:52:40 | COWIE | MT | E0780 25 | 4586 | 5:21:53 | LYNCH | JM | E0712 35 |
| 4377 | 4:52:42 | DAWSUN | MG | E0388 22 | 4587 | 5:22:16 | SAMMUTT | KG | D0870 21 |
| 4378 | 4:52:52 | HARRY | GD | E0697 34 | 4588 | 5:22:28 | STARE | R | B0019 32 |
| 4379 | 4:52:59 | CHINNOCK | PS | D0836 24 | 4589 | 5:22:28 | LYONS | PK | F0256 40 |
| 4380 | 4:53:05 | HYRKAOKS | E | D0087 37 | 4590 | 5:22:39 | OKLEY | VB | B0296 48 |
| 4381 | 4:53:12 | DRENNAN | BR | D0985 49 | 4591 | 5:23:18 | MEYER | WJ | E0409 33 |
| 4382 | 4:53:13 | PETUOD | PH | B0846 35 | 4592 | 5:23:27 | HASTINGS | NG | A0148 42 |
| 4383 | 4:53:35 | MC FARLANE | PG | O0922 26 | 4593 | 5:23:46 | MAKI | CT | C0043 29 |
| 4384 | 4:53:44 | MAC KECHNIE | DR | E0054 51 | 4594 | 5:24:12 | WALKER | D A | E0554 17 |
| 4385 | 4:53:49 | MURGAN | IM | C0216 22 | 4595 | 5:24:16 | VANDERVALK | DA | G0030 15 |
| 4386 | 4:53:49 | HARVEY | US | F0364 36 | 4596 | 5:24:17 | CURRAN | A T | A0779 57 |
| 4387 | 4:54:02 | LEE | WE | F0369 36 | 4597 | 5:25:48 | HANNAFORD | PJ | C0405 43 |
| 4388 | 4:54:15 | WHITE | ME | D0109 59 | 4598 | 5:26:11 | LINDSAY | J C | B0187 36 |
| 4389 | 4:54:17 | WRIGHT | VU | D0991 40 | 4599 | 5:26:33 | LINDSAY | UM | F0086 36 |
| 4390 | 4:54:26 | OTTOBRE | JG | D0675 34 | 4600 | 5:26:35 | BOYCE | CT | O0226 17 |
| 4391 | 4:54:47 | HUNT | BH | G0130 39 | 4601 | 5:26:45 | MCLEUD | JB | D0317 13 |
| 4392 | 4:54:53 | RUSS | DJ | C0631 00 | 4602 | 5:26:46 | MAIRS | WF | B0118 38 |
| 4393 | 4:55:04 | LICKLEY | NJ | G0300 35 | 4603 | 5:27:31 | PENFOLD | AB | E0872 15 |
| 4394 | 4:55:05 | WALEs | CR | E0451 25 | 4604 | 5:27:47 | COX | RPR | G0201 29 |
| 4395 | 4:55:08 | MACAULAY | BW | E0513 45 | 4605 | 5:27:57 | CAPORN | JL | F0252 36 |
| 4396 | 4:55:11 | BRUUCE | SH | E0976 42 | 4606 | 5:28:21 | CAPORN | J E | D0538 39 |
| 4397 | 4:55:15 | PAINE | TJ | B0631 15 | 4607 | 5:28:22 | GORDUN | GSG | C0642 17 |
| 4398 | 4:55:16 | AXON | MA | G0192 22 | 4608 | 5:28:24 | WILSON | K J | C0335 34 |
| 4399 | 4:55:17 | TAYLOR | KJ | B0016 19 | 4609 | 5:28:26 | HARPER | WJ | E0716 43 |
| 4400 | 4:55:18 | DEBEEN | DR | D0475 37 | 4610 | 5:28:35 | MUMCILOVIC | AM | E0595 18 |
| 4401 | 4:55:20 | MCCUTCHEON | CA | C0876 13 | 4611 | 5:28:45 | WALKER | DJ | B0102 44 |
| 4402 | 4:55:21 | JUSTIN | SJ | C0657 29 | 4612 | 5:28:46 | BISHUP | I T | E0742 33 |
| 4403 | 4:55:21 | WOLFF | JR | D0103 25 | 4613 | 5:29:00 | WILLIAMS | J L | F0323 23 |
| 4404 | 4:55:20 | DOUGLAS | A I | F0127 34 | 4614 | 5:29:07 | WINTERBOTTOM | S A | F0126 34 |
| 4405 | 4:55:41 | HAYWARD | RE | D0230 37 | 4615 | 5:29:12 | D ROSARIO | GA | G0247 21 |
| 4406 | 4:55:48 | CARTER | I J | C0977 57 | 4616 | 5:29:23 | BAXTER | P A | G0065 30 |
| 4407 | 4:55:48 | SOLUMDN | JS | F0332 30 | 4617 | 5:29:24 | LANCASTER | R C | C0266 36 |
| 4408 | 4:56:01 | SCOREY | TG | G0116 27 | 4618 | 5:30:47 | STUART | H W | D0556 63 |
| 4409 | 4:56:15 | JOSE | G | E0575 22 | 4619 | 5:31:53 | BEXLEY | H J | F0077 34 |
| 4410 | 4:56:23 | DUCK | LA | A0501 40 | 4620 | 5:32:54 | WADDINGHAM | MD | A0047 18 |
| 4411 | 4:56:23 | STONEHAM | RA | C0053 36 | 4621 | 5:33:35 | HIGGS | RC | E0033 25 |
| 4412 | 4:56:24 | KRAUSZ | FM | D0771 34 | 4622 | 5:34:07 | BUTTSWORTH | JH | D0702 30 |
| 4413 | 4:56:25 | FLYNN | B | C0771 44 | 4623 | 5:34:09 | GREEN | CN | F0311 35 |
| 4414 | 4:56:33 | MUDDIE | RJ | B0084 37 | 4624 | 5:34:55 | STOCKS | ML | F0347 35 |
| 4415 | 4:56:48 | BUDGE | JW | D0163 30 | 4625 | 5:34:58 | VANDERPLIGT | M | F0348 28 |
| 4416 | 4:56:48 | MAUNDER | SD | E0059 20 | 4626 | 5:35:00 | COWELL | RE | E0561 27 |
| 4417 | 4:56:50 | WILLISON | DU | A0595 21 | 4627 | 5:35:05 | LAM | WK | E0601 26 |
| 4418 | 4:56:51 | JOLLY | RN | B0261 42 | 4628 | 5:35:05 | HARRIS | I J | G0182 42 |
| 4419 | 4:56:58 | ARMSTRONG | PA | B0388 30 | 4629 | 5:35:06 | CRAWFORD | B J | A0060 34 |
| 4420 | 4:56:58 | FILLIS | LH | F0261 28 | 4630 | 5:35:07 | MC DONALD | K S | C0249 44 |
| 4421 | 4:57:03 | SIVIDUR | JA | C0124 26 | 4631 | 5:35:39 | MAC KELLIN | LJ | D0496 12 |
| 4422 | 4:57:06 | PEARCE | M H | D0139 24 | 4632 | 5:36:05 | GUDGE | ME | F0315 14 |
| 4423 | 4:57:07 | BROCKHOFF | K A | G0273 24 | 4633 | 5:36:25 | MINTON | PF | D0361 36 |
| 4424 | 4:57:07 | SELMOVSKI | YS | G0274 25 | 4634 | 5:36:26 | PENFOLD | SP | E0763 17 |
| 4425 | 4:57:17 | KNIGHT | A | E0842 13 | 4635 | 5:37:02 | VERHAGEN | DA | E0770 15 |
| 4426 | 4:57:20 | HAYES | CP | E0860 27 | 4636 | 5:38:13 | MEAD | V M | A0019 70 |
| 4427 | 4:57:22 | RUSH | TP | C0233 46 | 4637 | 5:38:13 | PRIME | LD | D0838 27 |
| 4428 | 4:57:44 | LONG | AG | E0393 28 | 4638 | 5:38:16 | DRIVER | JAL | B0181 49 |
| 4429 | 4:57:48 | NAGEL | W L | E0932 30 | 4639 | 5:38:25 | WHITELUM | TJ | B0435 42 |
| 4430 | 4:57:52 | GUDGEON | M | D0466 35 | 4640 | 5:39:41 | MAULDON | RC | A0608 31 |
| 4431 | 4:57:56 | MCGENNISKEN | RK | B0538 29 | 4641 | 5:40:54 | RENWICK | PRJ | B0432 39 |
| 4432 | 4:57:57 | MILLER | TC | E0839 35 | 4642 | 5:40:58 | MIELNIK | R | E0223 25 |
| 4433 | 4:58:08 | WAREHAM | M | B0218 22 | 4643 | 5:41:02 | THOMPSON | VC | F0089 38 |
| 4434 | 4:58:12 | ROSS | DJ | A0221 15 | 4644 | 5:41:02 | BELL | AM | F0343 40 |
| 4435 | 4:58:12 | ROSSER | MS | A0499 59 | 4645 | 5:41:04 | PENFOLD | DJ | E0871 18 |
| 4436 | 4:58:12 | SNELL | M G | D0452 25 | 4646 | 5:41:32 | POPE | O J | A0606 16 |
| 4437 | 4:58:18 | YARSLLEY | FC | A0892 31 | 4647 | 5:42:12 | PRENDERGAST | RE | B0803 29 |
| 4438 | 4:58:19 | HAMMOND | E | E0825 35 | 4648 | 5:42:14 | CARROLL | RK | J0745 33 |
| 4439 | 4:58:19 | YARSLLEY | KS | F0063 26 | 4649 | 5:42:15 | SZETZ | WT | E0602 26 |
| 4440 | 4:58:19 | KWARZIK | AM | G0003 27 | 4650 | 5:42:22 | PRENDERGAST | MJ | B0251 35 |
| 4441 | 4:58:33 | SIMPSON | JK | C0466 23 | 4651 | 5:42:24 | MEDDINGS | WJ | A0971 54 |
| 4442 | 4:58:33 | WOODROFFE | KC | E0091 00 | 4652 | 5:42:35 | SUTHERLAND | EJ | G0149 32 |
| 4443 | 4:58:48 | PIVODAROFF | J M | E0383 55 | 4653 | 5:43:06 | KONINGS | MA | C0016 24 |
| 4444 | 4:59:08 | BEESON | P M | E0941 38 | 4654 | 5:43:08 | STEVENS | AA | G0086 32 |
| 4445 | 4:59:11 | HOLMES | JHG | C0964 45 | 4655 | 5:43:22 | HOWARD | AB | D0021 12 |
| 4446 | 4:59:13 | SODERSTROM | MKS | D0611 14 | 4656 | 5:43:13 | FORSYTH | M | F0025 52 |
| 4447 | 4:59:22 | MCDONAUGH | G | C0693 35 | 4657 | 5:43:41 | OLIVE | JA | G0043 12 |
| 4448 | 4:59:34 | POWELL | JM | E0157 17 | 4658 | 5:46:17 | CONNOR | GR | A0843 16 |
| 4449 | 4:59:35 | WARD | CM | E0515 14 | 4659 | 5:46:17 | OLIVE | M | G0042 43 |
| 4450 | 4:59:43 | RODGERS | DJ | D0805 33 | 4660 | 5:46:58 | REDFORD | DL | G0110 16 |
| 4451 | 4:59:49 | ANDERSON | HA | C0146 33 | 4661 | 5:47:00 | OXENHAM | JD | B0875 39 |
| 4452 | 4:59:49 | FITZPALDI | JM | E0977 28 | 4662 | 5:47:23 | O'DONNELL | J | E0963 56 |
| 4453 | 5:00:02 | MC DONALD | JV | C0723 18 | 4663 | 5:47:36 | SWALES | RWS | E0217 70 |
| 4454 | 5:00:25 | COOK | RWC | C0545 40 | 4664 | 5:47:53 | HARRIS | E | F0062 65 |
| 4455 | 5:00:30 | BIRRELL | JH | D0429 30 | 4665 | 5:48:13 | HARRIS | RC | A0883 64 |
| 4456 | 5:00:42 | BUNDLE | JW | E0178 41 | 4666 | 5:48:15 | SMITH | AC | A0005 69 |
| 4457 | 5:00:50 | DYT | WLD | B0328 16 | 4667 | 5:49:02 | SPRAD | GN | B0697 45 |
| 4458 | 5:00:53 | WALSH | GJ | D0339 32 | 4668 | 5:49:03 | RUTHERFORD | R J | B0468 24 |
| 4459 | 5:01:02 | SHARPE | S W | F0132 33 | 4669 | 5:51:06 | ZOIT | JZ | D0969 19 |
| 4460 | 5:01:04 | BURBRICK | S M | A0563 47 | 4670 | 5:51:07 | YONG | GS | C0450 32 |
| 4461 | 5:01:11 | LYNCH | AM | F0219 24 | 4671 | 5:51:07 | WADDINGHAM | DRW | D0281 14 |
| 4462 | 5:01:12 | LAWRENCE | FR | B0494 28 | 4672 | 5:51:49 | SHARPE | JD | B0404 22 |
| 4463 | 5:01:16 | CUDLSON | GR | E0249 23 | 4673 | 5:52:55 | HOLROYD | G | E0108 31 |
| 4464 | 5:01:26 | GERMANTSIS | SG | D0801 23 | 4674 | 5:53:24 | CROOK | RH | A0123 62 |
| 4465 | 5:01:26 | COX | SM | E0202 58 | 4675 | 5:54:02 | NORRIS | MJ | G0028 33 |
| | | | | | 4676 | 5:54:17 | PURJE | JL | F0298 31 |
| | | | | | 4677 | 5:55:58 | WHELAN | RE | D0323 31 |
| | | | | | 4678 | 5:56:42 | BUTLER | TJ J | E0659 35 |
| | | | | | 4679 | 5:56:56 | THRELFUD | LG | D0337 46 |
| | | | | | 4680 | 5:57:41 | MURPHY | DW | A0463 44 |
| | | | | | 4681 | 5:58:25 | BUTLER | KV | F0064 67 |
| | | | | | 4682 | 5:59:38 | BROWN | RB | C0396 18 |
| | | | | | 4683 | 6:01:29 | BODKER | J E | F0185 21 |
| | | | | | 4684 | 6:02:51 | OWEN | J G | B0729 20 |

1984 BIG M MELBOURNE MARATHON — AGE GROUP FINISHERS

| Wheelchairs | Under 20 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | Over 70 |
|-------------|----------|-------|-------|-------|-------|-------|---------|
| 7 | 382 | 1149 | 2004 | 892 | 216 | 36 | 5 |
| .1% | 8.1% | 24.5% | 42.7% | 19% | 4.6% | .7% | .1% |

Total Finishers 4691

The Big M — 47



Premier of Victoria — John Cain presents Margaret Reddan with Victorian Tourism Trophy 1st Interstate woman.



Keeping the cool.

Heading past Mordialloc.



Victorian Jaycees runners recovery area.

Lord Mayor E. Beacham presents P. Trotter (NSW) with Melbourne City Council trophy.



BIG M MELBOURNE MARATHON

RECORDS

Course Records:

Male — Bill Rodgers, MA. USA 1982, 2:11.08.
 Female — Rhonda Mallinder, Vic. 1983, 2:37.56.

Age Groups

40-44

Male — Doug Le Bas, Vic. 1982, 2:26.13.
 Female — Dot Browne, Vic. 1982, 2:46.51.

45-49

Male — Bill Raimond, NSW 1982, 2:25.51.
 Female — Margaret Smith, Vic. 1982, 3:00.03.

50-54

Male — Brian Rycroft, Vic. 1982, 2:47.03.
 Female — Jean Albury, Vic. 1983, 3:15.20.

55-59

Male — George Perdon, Vic. 1982, 2:51.35.
 Female — Jean Albury, Vic. 1984, 3:09.14.

60 and over

Male — Gordon McKeown, Vic. 1984, 2:56.09.
 Female — Vi Palin, Vic. 1984, 4:21.33.

Under 20

Male — Glen Devers, Vic. 1983, 2:26.36.
 Female — Susan McNish, Vic., 1983, 3:03:34.

BREAKDOWN OF FINISHERS AT 30 MINUTE INTERVALS

UNDER

| 2 hrs. 30 mins. | 2.30-3 hrs. | 3 hrs.-3.30 | 3.30-4 hrs. | 4 hrs.-4.30 | 4.30-5 hrs. | 5 hrs-5.30 | 5.30-6 hrs. |
|-----------------|-------------|--------------|-------------|-------------|-------------|------------|-------------|
| 25 (.05%) | 484 (10.3%) | 1243 (26.5%) | 1453 (31%) | 836 (17.8%) | 411 (8.7%) | 165 (3.5%) | 67 (1.4%) |

TOTAL FINISHERS: 4691.

FIRST 10 FINISHERS 1984

5km TIME SPLITS

| | 5km | 10km | 15km | 20km | 25km | 30km | 35km | 40km | FINISH |
|---------------|-------|-------|-------|-------|-------|--------|--------|---------|---------|
| J. IKANGAA | 15:38 | 31:18 | 47:02 | 63:16 | 79:20 | 95:25 | 111:47 | 2:08.19 | 2:15.31 |
| S. AUSTIN | 15:39 | 31:18 | 47:03 | 63:16 | 79:20 | 95:25 | 111:47 | 2:08.33 | 2:16.01 |
| J. SKARZYNSKI | 15:39 | 31:18 | 47:04 | 63:16 | 79:20 | 95:25 | 111:47 | 2:09.15 | 2:17.12 |
| P. MITCHELL | 16:29 | 34:11 | 50:26 | 68:03 | 84:26 | 101:00 | 117:33 | 2:13.55 | 2:20.45 |
| P. HIITI | 15:55 | 32:12 | 48:14 | 64:57 | 81:54 | 98:46 | 116:02 | 2:13.42 | 2:21.32 |
| B. McKERROW | 16:32 | 33:52 | — | 67:37 | 84:41 | 101:18 | 118:02 | 2:14.57 | 2:22.05 |
| S. FORSTER | 15:46 | 31:51 | 47:52 | 65:00 | 82:13 | 99:11 | 116:37 | 2:15.20 | 2:23.35 |
| M. HEARN | — | 34:07 | 50:25 | 67:43 | 84:57 | 101:56 | 119:05 | 2:16.59 | 2:24.58 |
| I. OLIFENT | — | 34:10 | — | 68:51 | 85:14 | 103:04 | 120:37 | 2:18.17 | 2:25.38 |
| B. KELLY | — | 34:12 | — | 68:44 | 85:52 | 102:56 | 120:17 | 2:18.14 | 2:25.53 |

Occupation Totals

| | NO OF ENTRANTS | % OF TOTAL | | NO OF ENTRANTS | % OF TOTAL |
|-------------------|----------------|------------|---------------------|----------------|------------|
| UNANSWERED | 331 | 5.21 | JOURNALIST | 12 | .18 |
| ACCOUNTANT | 222 | 3.50 | LEGAL PROFESSION | 84 | 1.32 |
| ADMINISTRATOR | 173 | 2.72 | LOCAL GOVERNMENT | 55 | .86 |
| AGRICULTURE | 37 | .58 | MARKETING | 153 | 2.41 |
| ARCHITECT | 19 | .29 | MECHANIC | 56 | .88 |
| ARTIST | 22 | .34 | MILITARY SERVICES | 183 | 2.88 |
| BANKER | 150 | 2.36 | PHYSICIAN | 85 | 1.34 |
| BUILDING TRADE | 183 | 2.88 | POLICE | 53 | .83 |
| BUSINESS OWNER | 197 | 3.10 | POLITICIAN | 1 | .01 |
| CATERING | 30 | .47 | POSTAL SERVICE | 34 | .53 |
| CIVIL SERVANT | 269 | 4.24 | PUBLIC RELATIONS | 10 | .15 |
| CLERICAL | 351 | 5.53 | PUBLIC TRANSPORT | 31 | .48 |
| COMPUTERS | 219 | 3.45 | PUBLISHING | 33 | .52 |
| CONSTRUCTION | 50 | .78 | RETAIL TRADE | 151 | 2.38 |
| ELECTRICIAN | 87 | 1.37 | RETIRED | 38 | .59 |
| ENGINEER | 341 | 5.37 | SCIENTIST | 111 | 1.75 |
| ESTATE AGENT | 27 | .42 | SECRETARY | 33 | .52 |
| FARMER | 41 | .64 | SOCIAL WORKER | 16 | .25 |
| FIREMAN | 21 | .33 | STOCKBROKER | 8 | .12 |
| HAULAGE | 45 | .70 | STUDENT | 416 | 6.56 |
| HEALTH SERVICE | 104 | 1.64 | TAXI DRIVER | 11 | .17 |
| HOTEL INDUSTRY | 31 | .48 | TEACHER OR LECTURER | 631 | 9.95 |
| HOUSE WIFE | 70 | 1.10 | TV AND RADIO | 17 | .26 |
| INSURANCE | 74 | 1.16 | WRITER | 14 | .22 |
| INVESTMENT BROKER | 3 | .04 | UNEMPLOYED | 67 | 1.05 |
| | | | OTHER THAN LISTED | 941 | 14.83 |
| | | | | 6,341 | 100.00 |



Hiiti — Tanzania at the 25K.



*Chelsea — with the masses.
One Mile Bridge Frankston.*



*Free massage at the finish.
Complete relaxation.*





Help was on the way.



Jan Randles 1st female wheelchair.

I did it.





Jeff Wiseman and Peter Trotter.

BIG M MARATHON RACE RESULTS FOR 1984 WHEELCHAIR ENTRANTS COURTESY OF COMPUTER TECHNOLOGY

| PLACE | TIME | NAME | | START NO | AGE |
|-------|---------|----------|----|----------|-----|
| 1 | 2:09.09 | Trotter | PT | W0008 | 28 |
| 2 | 2:11.30 | Wiseman | J | W0007 | 34 |
| 3 | 2:31.39 | Hubel | EE | W0004 | 33 |
| 4 | 2:37.17 | Gainey | IF | W0006 | 33 |
| 5 | 2:55.12 | Randle's | JM | W0002 | 39 |
| 6 | 3:17.24 | King | US | W0009 | 18 |
| 7 | 3:18.57 | De Santo | ML | W0010 | 31 |

1984 BIG M OFFICIAL RESULTS BOOKLET

LIMITED NUMBER AVAILABLE

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OR \$1.50 OVERSEAS

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VIC. 3022

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CPA

*All marathon runners
were photographed at the
finish line*

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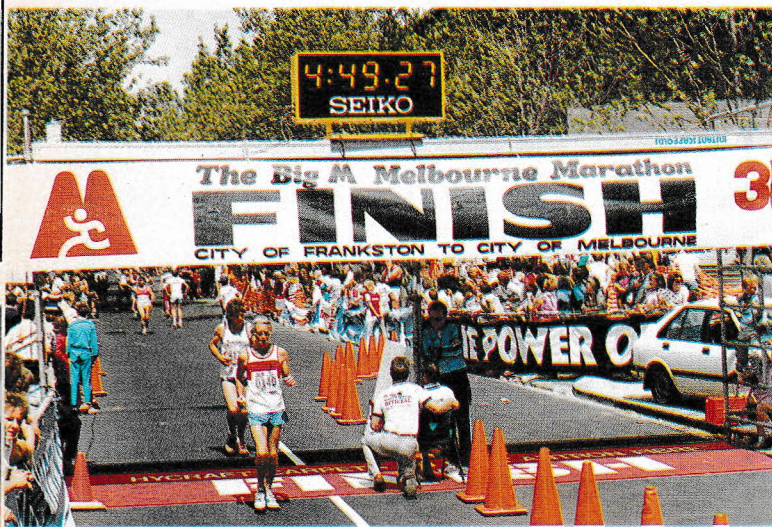
Telephone: 67 5597, 67 8809



Ian Graves NSW 1st over 40.



T. Jukes Vic. first woman under 20.



A. Ryan SA, 70 years old, winner Jack Woodruff Memorial Trophy.



The McKerrows were a great team. Barbara 2nd woman, Barry 6th overall.

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 Telex: AA 35472

*All inclusive London Marathon Tour for only \$2350 (share twin).
 For further details call Ian Thomas on above number.*



Big M Melbourne Marathon Hall of Fame Winners

MALE

FEMALE

1978

Bill Scott
2-21-04



Australia



Elizabeth Hassell
2-53-38



Australia



1979

Andy Lloyd
2-26-44



Australia



Jane Kuchins
3-12-35



Australia



1980

Andy Lloyd
2-17-37



Australia



Rosemary Longstaff
2-46-15



Australia



1981

Andy Lloyd
2-19-03



Australia



Jackie Turney
2-42-12

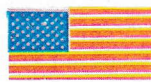


Australia



1982

Bill Rodgers
2-11-08



U.S.A.



Sue King
2-37-57



U.S.A.



1983

Juma Ikangaa
2-13-50



Tanzania



Rhonda Mallinder
2-37-56



Australia



1984

Juma Ikangaa
2-15-31



Tanzania



Margaret Reddan
2-43-40



Australia



AUSTRALIAN GIRLS SHOWING THE WAY!

By DOT BROWNE

Participation figures for female marathoners were down by 50 or so this year in the Big M Marathon. Our numbers in previous years were small anyway, a mere 6 per cent of total entries. Why is this so? It seems hard to explain in view of the running boom which has hit Australia in recent years. There seem to be plenty of women having a go at Fun Runs. Why not marathons?

Is it that marathon training is just too time-consuming for women with their domestic commitments, or are we still being influenced by social convention?

Individual Australian females are breaking new grounds in fields associated with athletics and showing us the way, but their influence is not rubbing off to the every-day Fun-runner.

For instance, our tenth placegetter, Barbara Fay, has been doing brilliantly in triathlons and has won more bikes than she knows what to do with.

Jean Albury, this year's over 55 winner, ran 3:09.14, a time which smashed the Australian age-record and put her into world class for her age.

Margaret Smith from Surrey Hills, Victoria, at 47 years is another brilliant veteran. In 1982, she ran the Big M in 3.02 hours but has now turned her talents to ultra running. In Manly, last Easter, she created a new Open Australian 100 Mile Track Record by running the 100 miles in 16 hours and broke the existing record by something like five hours! This run was a world age-best and was third all-time best for a woman.

Another female precedent was set by Pauline Gable, a 27 year old from NSW. She has a PB marathon time of 2:56.04 and this year, she was the first Australian female ever to enter the gruelling Ironman Triathlon World Championships in Hawaii. Her task there was to complete a mere 3.9 km swim, 180 km cycle and a full marathon.

Also, we even have girls from Northern Territory now cracking the elusive three hour barrier for the marathon. Doris Trueman and Pat Sedman from Darwin have both now run under three hours. Imagine what their training conditions must be like!

But the ultimate inspiration for Australian women must surely come from South Australian, Lisa Martin, who, in her first marathon, ran the second-fastest ever debut-marathon in 2.32 in Rocket City and recently sky-rocketted into world class with her 2.27 in Chicago.

Incidentally, if Australian women think that having young children excludes them from being marathon runners, think again! Iris Cook, from Langwarrin, Victoria has five blond primary-aged children. She's won the Victorian Marathon Championship twice and this year ran 2:51.37, but an injury put her out of the Big M. She's been a keen participant in the past. If she can do it, so can you! Iris trains at 5.30 am every morning to do her 80 miles weekly training and she's lucky enough to have a co-operative husband who minds the kids while she does her Sunday 20 miler. Its paid off though. So far, she's won trips to London, New Zealand and Japan. And these all-expenses-paid trips are often available to girls who are prepared to do the work. Good marathon times will come if women are patient and simply make the effort to train consistently.

Rhonda Mallinder is another young Australian who is showing us the way. Remember that beautiful photo of her and Ikangaa in the 1983 Big M Results Booklet? She won the women's race and

broke the course record with a 2:37.56 on her first attempt at the distance — a time well below Olympic qualifying standard. She was an almost certain selection for the Games Team but she became pregnant. Being a positive thinker from way back, she then proceeded to destroy all the myths about women running while pregnant. She trained consistently right through her pregnancy up until the night before baby Brianna was born and was back into serious training less than a month later, with no ill effects.

So, in various ways, Australian women such as Barbara Fay, Jean Albury, Margaret Smith, Pauline Gable, the Darwin girls, Lisa Martin, Iris Cook and Rhonda Mallinder are all breaking new ground in the women's distance running scene and showing us the way.

They weren't put off by conventional sexist ideas of what is considered a 'suitable' or 'unsuitable' female activity.

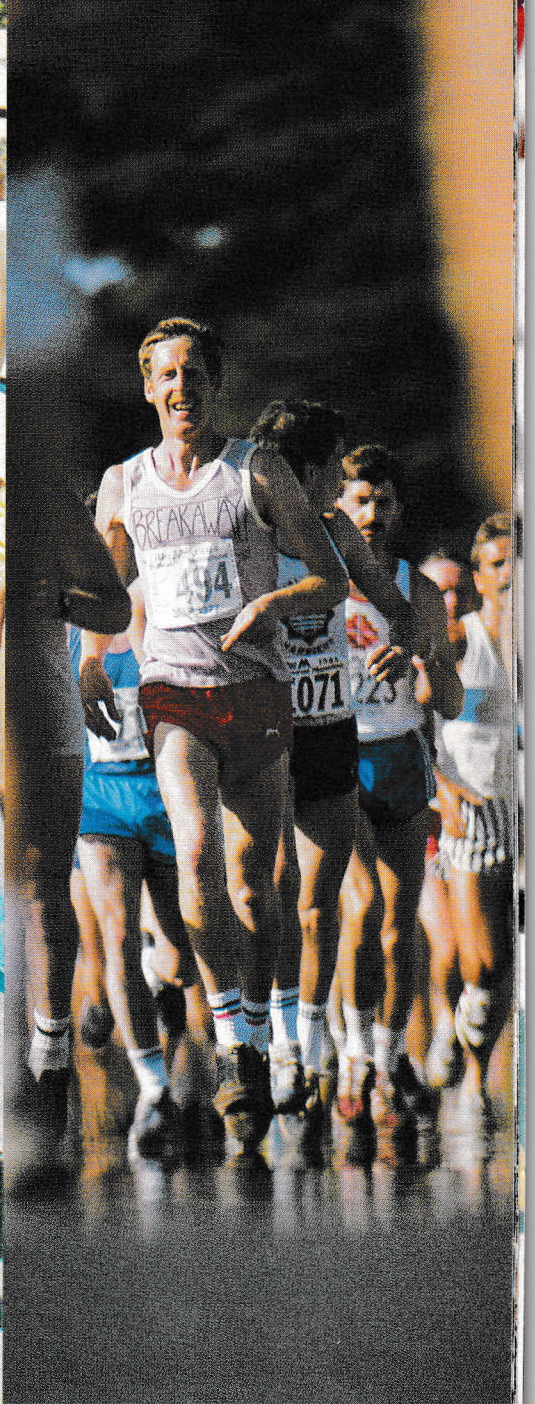
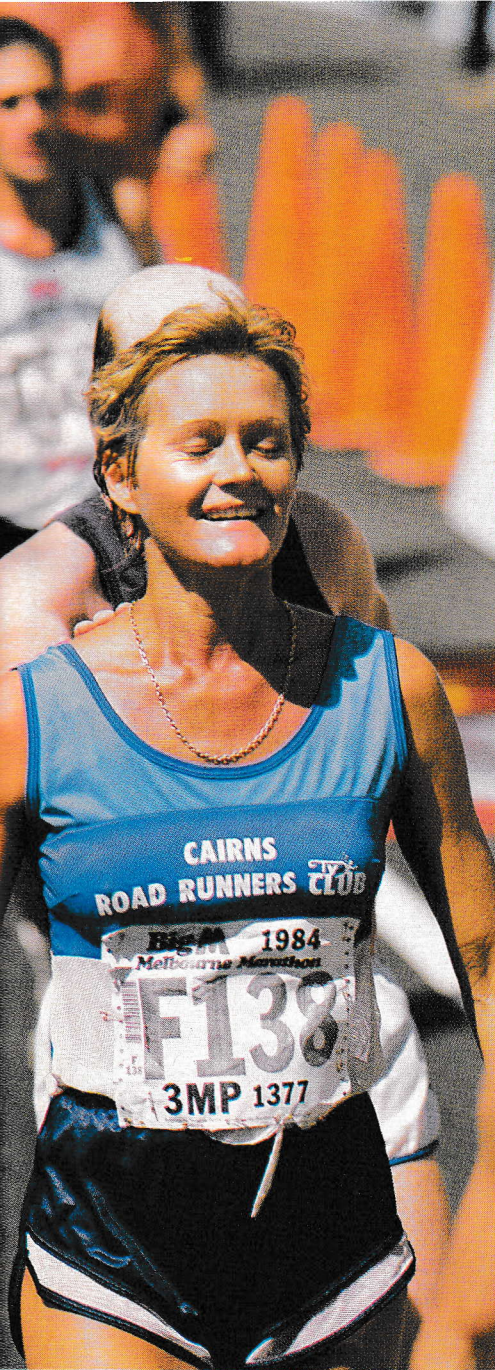
Let them inspire you and have a go at the marathon yourself next year!



McKerrow and Perkins share the experience.



Jean Albury 1st W-55-59. 3:09.14 (Aust. record).



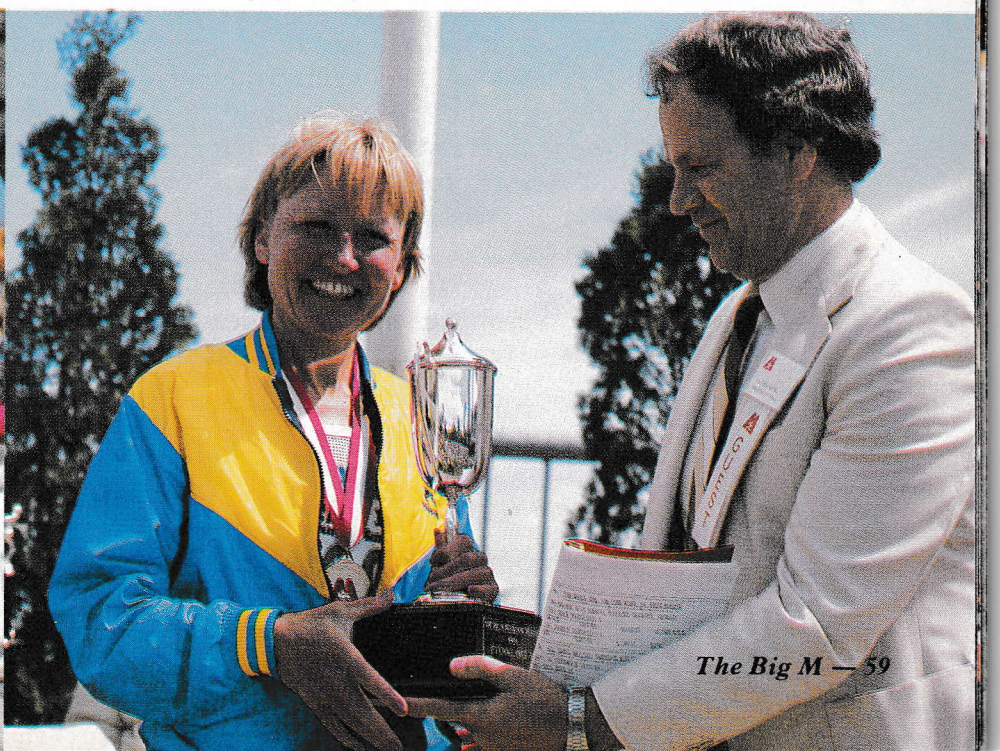
R. Thomas — Cairns the picture tells the story.

J. Mong — Sarawak 1st marathon.

Back in the field.

Skarzynski and Ikingaa at the 10K.

B. Fay receives the City of Frankston trophy.





Reward — for the victors.

Cheering the victors.

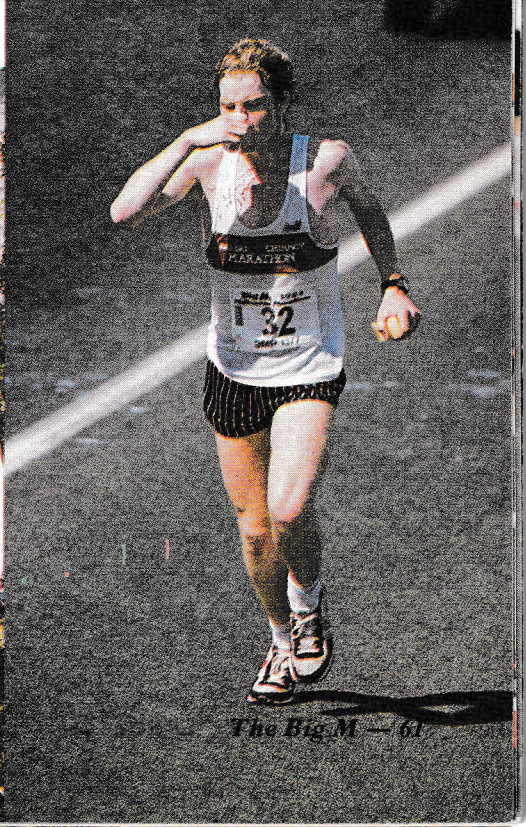


Father and son share the triumph.

P. Mitchell takes a drink.



Skarzynski, Ikangaa, Hiiti and Sulus secretary Tanzania AAA at the presentations.



The Big M — 61



MELBOURNE MARATHON INCORPORATED 1984 COMMITTEE



FULL COMMITTEE:

Left to right: Standing —

Ted Paulin, Noel Ferguson, Doug Bourne, Don Blyth, Bryce Poulier, Fred Lester, John May.

Seated —

Sue Pollard, Robin Gay, Win May.

Absent —

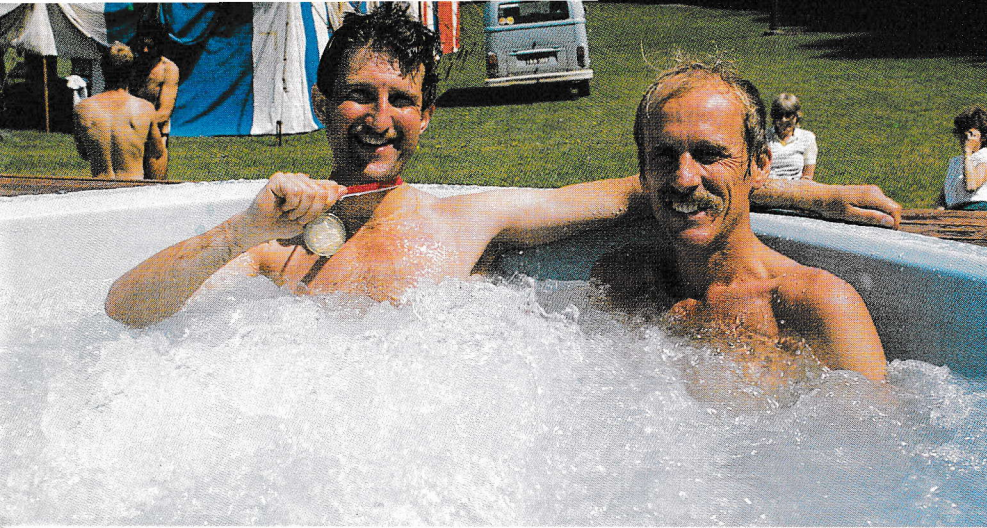
Brian Dixon, Peter Larkins, Ken Cameron, Nigel Starr, Leonie Collins, Martin Noonan, Daryl Poore, Rod Walker, Ewen Cunningham, Janet O'Dell, Max Batchelor, Doug Ferrier, Chris Wardlaw, Bill Granger.

- | | |
|--|--|
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1984 EXECUTIVE COMMITTEE:

Left to right: Fred Lester, Ted Paulin, Win May, Brian Dixon, Robin Gay, Doug Bourne.

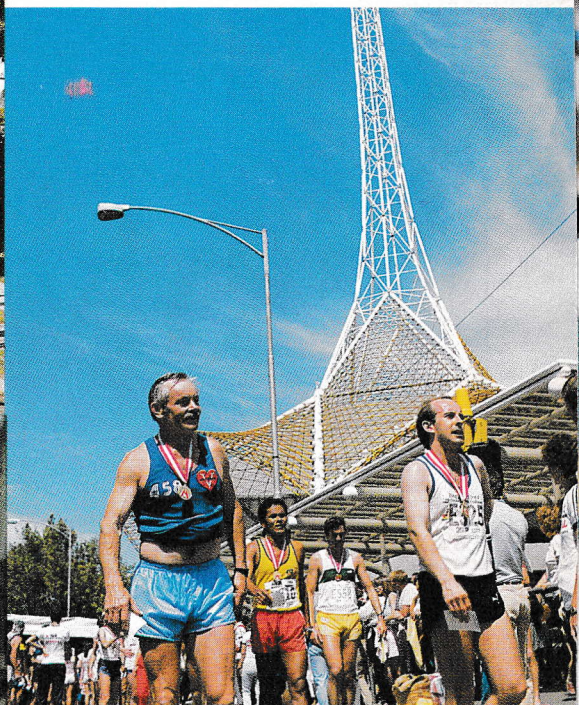
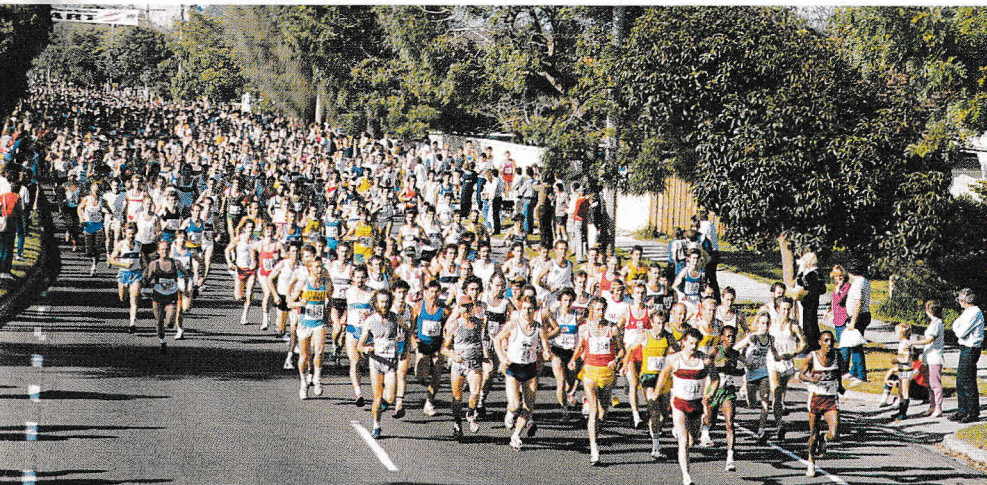


Easing the aches with Mobile Spa Hire — 583 8316.

The waiting is over.



The agony and the glory.



Moments of reflection at the finish.

Well done.



The girls at Big M. Top — Ann and Sophie, bottom — Margaret and Win.

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Oakleigh WAAC
Kew-Camberwell AAC
Oakleigh AAC
Mentone AAC
Vic Veterans AC
Victorian Athletic Association
Brunswick WAAC
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To all the support groups a special thank you for your contribution which enabled us to present a memorable event.

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Margaret Reddan — Queensland 2 hrs 13.40



The winners — Margaret Reddan, Juma Ithangaa.