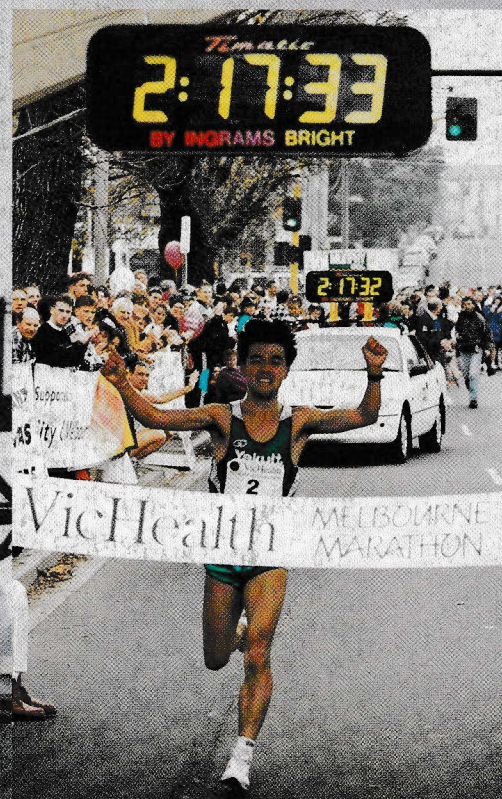


1995 Hearthealth Melbourne Fitness Festival

Featuring:

The VicHealth
Melbourne Marathon
&
The City of Melbourne
Half Marathon
Results Booklet



Minister for Sport, Recreation and Racing

After 17 years of steady growth and development, the VicHealth Melbourne Marathon took another great step forward in 1995.

As one of the four key elements of the Hearthealth Melbourne Fitness Festival, the Marathon maintained its status as a showpiece athletic event, while also supporting the City Of Melbourne Half



Marathon, the Bayview 8k Classic and the Hearthealth Walk in the creation of a much larger celebration of sport and physical activity.

With the ever popular True Value Torch Run marking the official commencement of the Festival - as always a spectacular sight, with some 500 runners carrying their torches throughout the streets of Melbourne to the Alexandra Gardens - and the Gatorade Sports Expo set up at the start/finish area. This marvellous event had more than ever to offer people of all activity levels.

The key is participation, and while we always want as many people as possible to take part in the Marathon itself, we recognised that not everyone was able to run in the main event, or even the Half Marathon, so the organisers provided other ways to share in the atmosphere of health and well being surrounding the Festival.

The Marathon and Half Marathon attracted large fields of enthusiastic and dedicated runners, including a number of entrants from interstate and overseas. The full marathon attracted nearly 150 interstate runners, and almost as many overseas visitors, with another fifty of each taking

part in the half marathon.

Australia's Commonwealth Games marathon gold medallist Steve Moneghetti joined in by setting the field on its way, then hitting the road himself in training for the World Athletics Championships.

The involvement of Steve and other successful and high-profile sportspeople helped to attract media coverage which, in turn, continued to build public awareness of the event, as well as health and fitness issues in general.

I congratulate everyone involved with the successful 1995 Hearthealth Melbourne Fitness festival - featuring the VicHealth Melbourne Marathon - and thank AusFit for its tireless efforts, and the sponsors for their invaluable support.

A general thank you to the local councils, community groups, athletic clubs, volunteer groups, doctors, practitioners who gave their services to the event.



Tom Reynolds MP
Minister for Sport, Recreation and Racing

Heart Foundation

The Heart Foundation is pleased to have been able to support the inaugural Hearthealth Fitness Festival through funding from VicHealth. This State Government funding through the Tobacco Levy, allows health agencies to replace tobacco companies as major sponsors of sporting events.

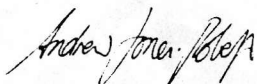
The Heart Foundation congratulates all those regular exercisers who participated. This year, the Hearthealth Fitness Festival catered for all levels of fitness by including events for runners, joggers and walkers. The greatest gains for the community will result from inactive people becoming more active. The Hearthealth 5km Walk attracted more than 400 people who otherwise may not have participated on the day.

Heart and blood vessel disease remains the leading cause of death in Australia claiming a life every 10 minutes. The Heart Foundation promotes healthy, low fat eating, being smoke free and daily physical activity for a healthy heart.

Although we congratulate participants in all events at this year's Fitness Festival, the message from the Heart Foundation, based on latest research, is that you do not have to exercise at the level of a Marathon runner to have a healthy heart. Moderate levels of activity, such as walking 30 minutes most days of the week, will produce the optimum health benefits for the community.

The festival atmosphere was great for the whole family. AusFit Events Management Incorporated provided many opportunities for the Heart Foundation to promote its healthy lifestyle message. In addition to promoting physical activity, healthy catering options and smoke free functions became an integral part of this year's event.

The Heart Foundation looks forward to you, your families and friends enjoying the Fitness Festival in 1996.



Andrew Jones-Roberts
Acting Director - Health Promotion Services
Heart Foundation (Victorian Division)

Hearthealth

Heart Foundation VicHealth
Funded by Vic Health for the
National Heart Foundation

AusFit Events Management Incorporated

Dear Entrant,

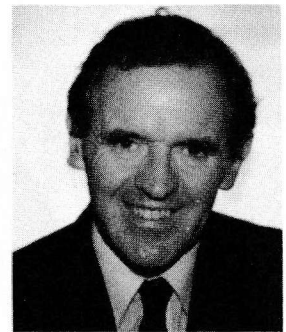
The **1995 Hearthealth Melbourne Fitness Festival** added new dimensions to the previous Melbourne Marathons. Not only were there the traditional Marathon and Half Marathon, but also an **8k Run** and **5k Walk**. In addition there was a Sports Expo which attracted 22 exhibitors and 13 vendors. Including the Torch run on the Friday night, there were **4,800** runners/walkers.

Putting on the Festival is a significant logistics exercise that involves over **1400 volunteers** and **150 police**. Whilst a few minor problems were encountered, feedback received on the organisation of the days activities was both positive and constructive. The success was due to the untiring work of our General Manager, John Mallinder and his loyal staff. Our particular thanks go to VicHealth through the National Heart Foundation for their major sponsorship. This year was their first year as sponsor and we believe that the foundation has been laid for a long-term relationship which will involve an increase in activities over the weekend. Our objective is to increase the number of activities to encourage as many participants to enter the Festival as possible.

We hope to see you all again participating in the 1996 Hearthealth Melbourne Fitness Festival.



Dr Merv Lincoln
Chairman AusFit Events Management Inc.



Dear Entrant,

This year marked a change in both sponsorship and format for the eighteenth running of the VicHealth Melbourne Marathon.

We hope that the day's activities provided the blueprint for further events and are confident that the range of events are a step in the right direction. Whilst the hurdles and obstacles that are put in our way made the job more difficult this year, the end result was most satisfying.

I'm sure the great runs by **Osamu Monoe** of Japan and **Lynn Clayton** of Australia will be appreciated by everybody. The City Of Melbourne Half Marathon again provided a Japanese double with 2:10 Marathoner **Masaaki Kobayashi** prevailing in the end and **Miki Kitashima** winning the womens section.

My thanks to all the sponsors, volunteers, marshals, medical staff and officials who gave up their time to enable the event to maintain the high standards for which the marathon is known for. Lastly my thanks go to the staff of AusFit without whom there would be no marathon.

We look forward to your participation in **1996** for the 19th running of the Melbourne Marathon and its associated events.



John Mallinder
General Manager AusFit Events Management Inc.



Principal Sponsor

Victorian Health Promotion Foundation



through the

National Heart Foundation



Major Sponsor



Torquay



Supporting Sponsors

City of Port Phillip

Ingrams Bright (Official Timer)

Paul Melling Retirement Planning

PowerBar

True Value

Murphy Car & Truck Rentals

The Athlete's Foot

Great Australian Ice-Creamery

Lagina Pasta Sauces

Sport Medicine Centres Of Victoria - (Prahran-Malvern-Croydon)

San Remo

Intermec

Tooheys

Waratah Cosmetics

Special Thanks to

Melbourne City Council

Triple M

Mrs Win Woodruff & Family

Australian Sports Medicine Foundation

FCL Transport

Melbourne Water

Diamond Valley A.C

Melbourne School Of Tactile Therapy

National Bus Company

Metropolitan Fire Brigade

Public Transport Corporation

Melway

Vic Roads

Doncaster A.C

Classic Studios

Nunawading A.C

Spartan Marathon Club

Audio Visual FX

Victorian Cross Country League

Athletics Essendon

Williamstown A.C

Waverley Womens A.C

Diamond Valley Triathlon Club

Old Paradians A.C

Springvale/Noble Park A.C

Diamond Valley A.C

Ringwood A.C

Glenhuntly A.C

Knox Sherbrooke A.C

Torch Club

Noble Park A.C

Brunswick A.C

Western Suburbs A.C

Melton Lions Club

Mentone Vets

1995 VicHealth Melbourne Marathon

By Chris McKenzie

While Osamu Monoe made it the second year in a row the Melbourne Marathon has had a Japanese winner, Australia's Lynn Clayton put the Aussies back on the winning list and in the process formed the first of two great comeback stories.

Three years ago, Clayton from N.S.W, broke 2:40 for the first time in the prestigious Rotterdam Marathon. Added to this she represented Australia at the World Cross Country Championships this performance placing her amongst the elite of female distance runners of the Nation. Since that time, however, Clayton has battled injury and illness and has been deprived the opportunity to run up to the potential she showed in 1992.

By winning the Melbourne Marathon this year, Clayton recorded her first Marathon victory and became the first Australian to win the event in five years. Not only did Clayton win the race, but did so in great style crossing the line in an excellent 2:38:50, a great indication that this course, which differed slightly to that of last year, is indeed capable of producing quick times. Further proof was the superb time of wheelchair athlete Brendan Milgate, who again smashed the race record flying home in 1:41:08.

Second in the Women's race was Victoria's Sharon McEvoy who managed to shake off Japan's Yoko Gordon by 20 seconds. The pair finishing in 2:49:00 and 2:49:20 respectively. Third Australian home and fifth across the line was NSW's Carmel Kahlefeldt in a time of 2:54:47.

In the Men's section a more even contest developed from the beginning. Failing to capitalise on the perfect Marathon conditions, cold, still and slightly overcast, the lead pack went through half way in a moderate 1 hr 10 minutes. Not long after however, the pace picked up markedly, leaving only three runners battling for first place. Allen Hugli, a Canadian living in New Zealand, was the odd man out flanked closely by compatriots Monoe and Minoru Kishimoto.

With 8 km to go Monoe made his move and left his two opponents in his wake, running strongly home to finish in 2:17:30. A fairly good performance considering his half way split. Kishimoto held his pace best of the two minor placegetters to finish in 2:18:23 while Hugli suffered over the final few kilometres but still managed to clearly take third spot in a time of 2:21:06.

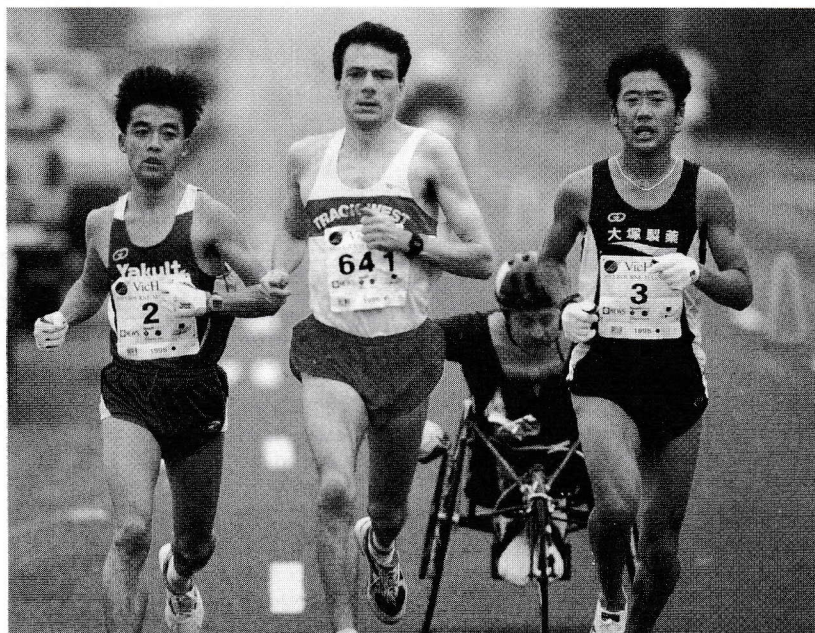
The race for the first Australian home was an excellent contest with only 22 seconds separating the first three, finishing in 5th, 6th and 7th places overall. Peter Mitchell took the honours of the Victorian trio from Safet Badic and Ian Nash. Their times were 2:24:58, 2:25:05 and 2:25:20 respectively.

For Peter Mitchell the 1995 VicHealth Melbourne Marathon represented an amazing comeback to top class competition. Mitchell, a representative in the marathon in the 1987 World Championships, was hit by a car while training in 1992 and spent two weeks in intensive care. It was perhaps fitting then, that it was Mitchell, that narrowly got home as the first Australian and claimed his prize, a trip to Japan's Lake Kawaguci Marathon later this year.

The only noticeable drama in the Marathon was one major medical case from over 1800 starters. As things turned out the incident was relatively harmless. It was just the fact that the victim was AFL legend and former Collingwood Captain Tony Shaw.

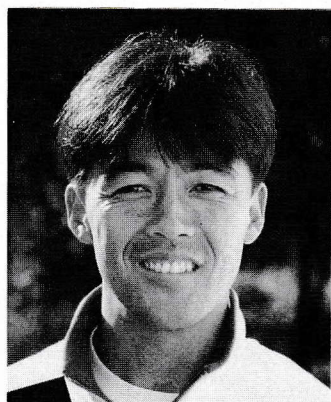
Suffering dehydration and exhaustion, Shaw stumbled and ran headfirst into a tree near the 38km mark. After collapsing, Shaw was rushed to hospital where he spent a night under observation. Fortunately, he was cleared of any serious damage and walked away with a grazed face, a dented ego, and a barrage from every media outlet in Melbourne. Whilst the media coverage was portrayed in a positive manner, it's a shame this great race needs such an incident to attract some media attention. Perhaps next year the Marathon will be covered for all the right reasons.

Overall the marathon was a great success, one that I'm sure you have fond memories of. Thanks for your support and we look forward to seeing you run in the 1996 Melbourne Marathon.

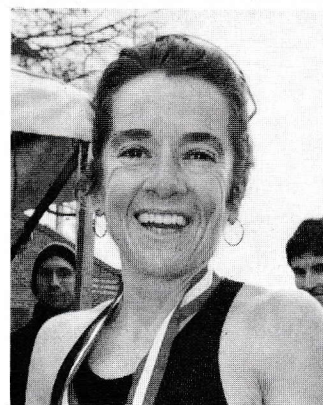


Osamu Monoe, Minoru Kishimoto and Allen Hugli fight it out.

1995 Winners



Osamu Monoe
2:17:19
Japan



Lynn Clayton
2:38:50
Australia

Melbourne Marathon Hall of Fame

Male

1978	Bill Scott	Australia	2:21:04
1979	Andy Lloyd	Australia	2:26:44
1980	Andy Lloyd	Australia	2:17:37
1981	Andy Lloyd	Australia	2:19:03
1982	Bill Rodges	U.S.A	2:11:08
1983	Juma Ikangaa	Tanzania	2:13:50
1984	Juma Ikangaa	Tanzania	2:15:31
1985	Fred Vandervennet	Belgium	2:12:35
1986	Richard Umberg	Switzerland	2:17:21
1987	Ric Sayre	U.S.A	2:14:16
1988	Tommy Hughes	Ireland	2:18:44
1989	Takeshi So	Japan	2:18:13
1990	Russell Foley	Australia	2:20:35
1991	Victor Muzgovoï	Russia	2:17:02
1992	Slawomir Gurny	Poland	2:16:04
1993	Jerry Modiga	South Africa	2:15:07
1994	Manabu Kawagoe	Japan	2:19:02

Female

1978	Elizabeth Hassell	Australia	2:53:38
1979	Jane Kuchins	Australia	3:12:35
1980	Rosemary Longstaff	Australia	2:46:15
1981	Jackie Turney	Australia	2:42:12
1982	Sue King	U.S.A	2:37:57
1983	Rhonda Mallinder	Australia	2:37:56
1984	Margaret Reddan	Australia	2:43:40
1985	Margaret Reddan	Australia	2:44:56
1986	Tani Ruckle	Australia	2:36:06
1987	Jackie Turney	Australia	2:44:18
1988	Coral Farr	Australia	2:47:38
1989	Colleen Stephens	Australia	2:49:18
1990	Alevtina Chasova	Russia	2:39:00
1991	Irina Petrova	Russia	2:39:57
1992	Alena Peterkova	Czech	2:33:02
1993	Dominique Rembert	France	2:44:22
1994	Winnie Ng	HongKong	2:47:37

Melbourne Marathon Records

Male

Open	Bill Rodges,	USA,	1982,	2:11:08
Under 20	Glen Devers,	VIC,	1983,	2:26:36
40-44	Garry Hand,	ACT,	1985,	2:21:38
45-49	Bill Raimond,	NSW,	1982,	2:25:51
50-54	Colin Fallon,	NSW,	1990,	2:41:20
55-59	George Perdon,	VIC,	1982,	2:51:35
60 & over:	Gordan McKeown,	VIC,	1984,	2:56:09

Female

Open	Alena Peterkova,	TCH,	1992,	2:33:02
Under 20	Susan McNish	VIC,	1983,	3:03:34
40-44	Dot Browne,	VIC,	1982,	2:46:51
45-49	Masako Ide,	JAPAN,	1991,	2:56:19
50-54	Margaret Ellis-Smith,	VIC,	1990,	3:12:14
55-59	Jean Albury,	VIC,	1984,	3:09:14
60 & over	Shirley Young,	VIC,	1992,	3:27:40

1995 VicHealth Melbourne Marathon Prize Winners

1st Male:	Osamu Monoe	2:17:29
1st Female:	Lynn Clayton	2:38:50
2nd Male:	Minoru Kishimoto	2:18:16
2nd Female:	Sharon McEvoy	2:49:00
3rd Male:	Allen Hugli	2:21:05
3rd Female:	Yuko Gordon	2:49:20
1st Male Australian Resident:	Peter Mitchell	
1st Female Australian Resident:	Lynn Clayton	

First 10 Males:

Osamu Monoe:	JAPAN	2:17:29
Minoru Kishimoto:	JAPAN	2:18:16
Allen Hugli:	NZ	2:21:05
Takao Komtsu:	N.S.W	2:23:26
Peter Mitchell:	VIC	2:24:58
Safet Badic:	VIC	2:25:05
Ian Nash:	VIC	2:25:20
Mouri Harufumi:	JAPAN	2:25:31
Steve Crowley:	VIC	2:28:58
Rick Cooke:	TAS	2:29:45

First 10 Females:

Lynn Clayton:	N.S.W	2:38:50
Sharon McEvoy:	VIC	2:49:00
Yuko Gordon:	HONG KONG	2:49:20
Miwako Kondo:	JAPAN	2:50:21
Carmel Kahlefeldt:	N.S.W	2:54:47
Colleen Stephens:	VIC	2:55:26
Sandra Timmer-Arends:	VIC	2:57:45
Lyn Davis:	VIC	3:01:52
Bronwyn Hanns:	VIC	3:02:18
Nikki Blanchfield:	VIC	3:05:44

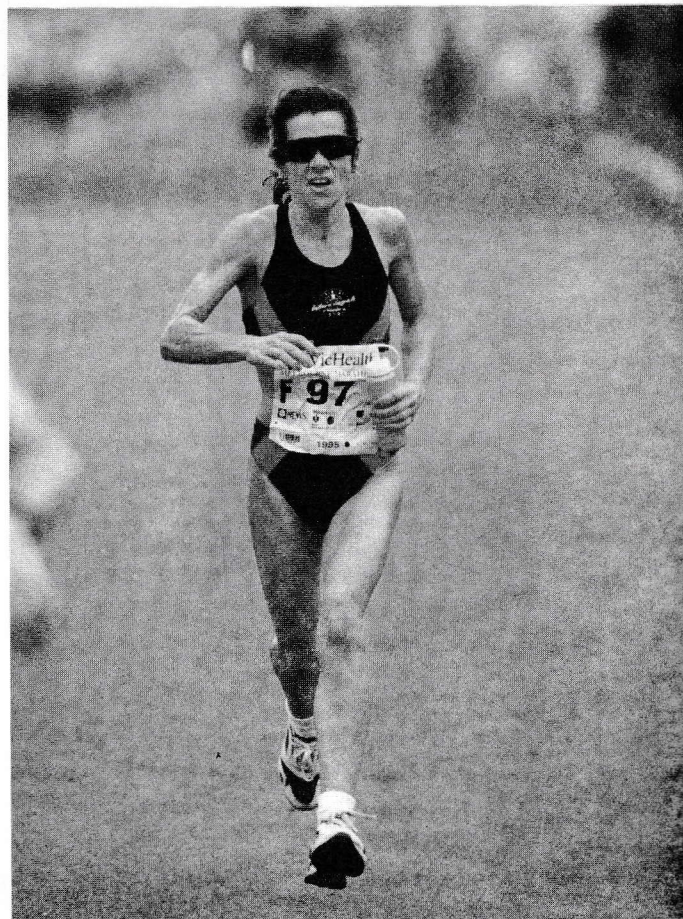
Victorian Marathon Championship Medallions:

Male:

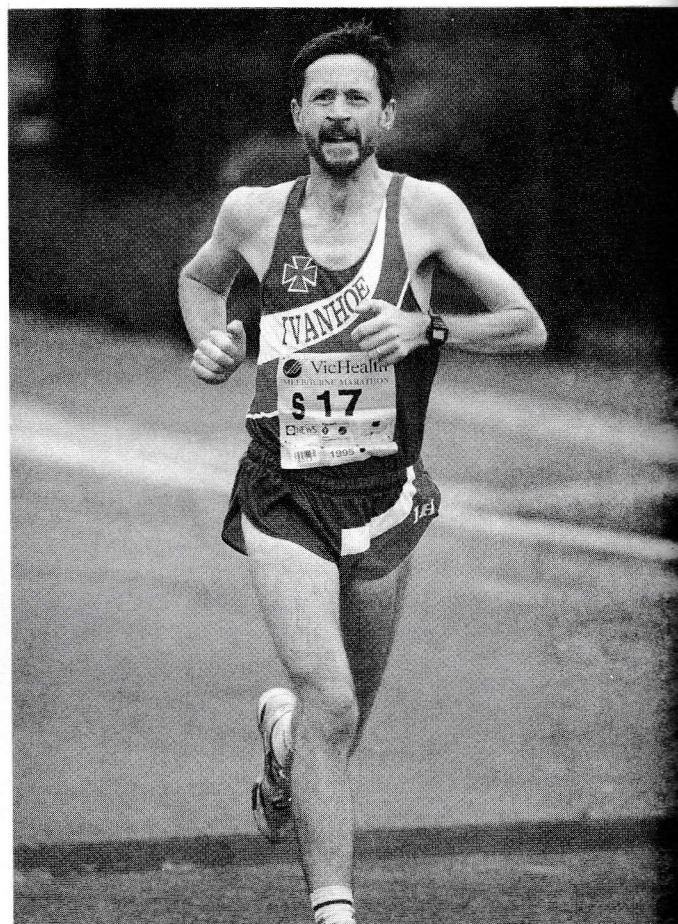
1. Damien Cook	41	2:35:20
2. Peter Cole	29	2:39:50
3. Michael Mastrolorito	29	2:42:32

Female:

1. Colleen Stephens	46	2:55:26
2. Sandra Timmer-Arends	31	2:57:45
3. Lyn Davis	41	3:01:52



*VicHealth Marathon 1st Female
Lynn Clayton (Aust.) - 2:38:50*



*Victorian Marathon Championship Winner
Damien Cook - 2:35:20*

Age Groups

Under 18:

First Male: Andrew Startin (17) 3:28:56
No Females in this category.

18-19 Years

First Male: Glen Muller (19) 3:22:56
First Female: Bernadette Whiley (19) 4:35:17

20-24 Years

First Male: Minoru Kishimoto (22) 2:18:16
First Female: Miwako Kondo (22) 2:50:21

25-29 Years

First Male: Rick Cooke (25) 2:29:45
First Female: Irene Dunn (29) 3:14:25

30-34 Years

First Male: Osamu Monoe (33) 2:17:29
First Female: Sandra Timmer-Arends (31) 2:57:45

35-39 Years

First Male: Gavin Stevens (36) 2:32:03
First Female: Lynn Clayton (38) 2:38:50

40-44 Years:

First Male: Mouri Harufumi (40) 2:25:31
First Female: Yuko Gordon (44) 2:49:20

45-49 Years

First Male: Ross Parker (46) 2:33:50
First Female: Colleen Stephens (46) 2:55:26

50-54 Years

First Male: Clive Davies (53) 2:44:17
First Female: Mayumi Aihara (54) 3:13:23

55-59 Years

First Male: Tony Berry (59) 2:52:46
First Female: Barbara Dalgleish (59) 3:30:20

60-64 Years

First Male: Bill Page (64) 3:14:10
First Female: Mary Batten (63) 5:52:38

65-69 Years

First Male: Noriharu Nakassima (65) 3:20:32
First Female: Shirley Young (65) 3:39:41

70 Years Randall Hughes (71) 3:09:00
And Over

First Veteran Marathoners:

First Veteran Male:
Mouri Harafumi JAPAN (40) 2:25:31
First Veteran Female:
Yuko Gordon HONG KONG (44) 2:49:20

Spartan Awards

First Male Spartan: S581 Ian Nash 2:25:20
First Female Spartan: SF05 Barbarra Dalgleish 3:30:20

Novice Marathoners

First Male: Steven Crowley VIC 2:28:58
First Female: Sandra Timmer-Arends VIC 2:57:45

Interstate Finishers

First Male: Takao Komstu NSW 2:23:26
First Female: Lynn Clayton NSW 2:38:50

Oldest Male Finisher

Moriyoshi Yogi JAPAN (82) 6:10:00

Oldest Female Finisher

Shirley Young VIC (65) 3:39:41

Wheelchair Athletes City Of Melbourne Trophies

First Male: Brendan Milgate 1:41:07
First Female: Melissa Lucas 2:40:40

Wheelchair Results Marathon

1. Brendan Milgate 1:41:07
2. Chris Alp 1:59:39
3. Mike Letch 2:04:25
4. Ian Gainey 2:04:25
5. Michael Desanto 2:21:49
6. Melissa Lucas 2:40:40
7. Dean Callow 3:28:55



Brendan Milgate
First Wheelchair Athlete - 1:41:07

Sports Medicine Centres of Victoria
Prabran, Malvern & Croydon
Team Categories

A) Athletic Clubs
Atheletics Essendon 5:40:57

Charles Copland 2:41:22
 Peter Jenkins 2:59:35

B) Sporting/Health Club Gymnasium
Running Regainers 7:54:04

Peter Mitchell 2:24:58
 Nigel Aylott 2:38:00
 David Rowlands 2:51:06

C) Community Service Club
No Entrants

D) Business Houses/Work
ANZ 8:52:28

Alan Barkauskas 2:49:37
 Brad Cossar 2:59:07
 Jim Grellis 3:03:44

E) Government & Semi Government
Gasbusters 10:21:24

Brian Walsh 3:16:06
 Hedley Davy 3:27:14
 David White 3:38:04

F) Open Women's Team
Knox-Roadrunners 12:02:32

Claire Bowker 3:37:40
 Rhea Martin 3:50:45
 Karen Cosson 4:34:07

G) Wheelchair Team
Wheels Of Fire 4:08:50

Mike Letch 2:04:25
 Ian Gainey 2:04:25

H) Veteran Men's Team (40+)
Eureka Veterans 8:15:05

Gerry Surrige 2:38:00
 Rob Gray 2:48:10
 Ernie Stewart 2:48:55

I) Veteran Women's Team (40+)
Wednesday Girls 11:26:22

Liz Feldman 3:31:53
 Shirley Young 3:39:41
 Judy Wines 4:14:48

J) Social Team
 United On A Mission 8:38:19
 Peter Boulton 2:40:45
 Stephen Brown 2:46:54
 Glenn Tarran 3:10:40

Retirement/Financial
Planners - Family Categories
(Marathon Only)

K) Husband and Wife
Balchin/Davis 5:53:12

Max Balchin 2:51:20
 Lyn Davis 3:01:52

L) Mother and Daughter
No Entrants

M) Mother and Son
O'Hehir-Batten 9:09:26

Dennis O'Hehir 3:16:48
 Mary Batten 5:52:38

N) Father and Son
Collins 6:19:21

Ted Collins 3:07:45
 Mark Collins 3:11:36

O) Father and Daughter
Blanchfields 6:27:48

Nikki Blanchfield 3:05:44
 Ray Blanchfield 3:22:04

P) Brother and Sister
O'Dea Family 6:08:48

Sharon McEvoy 2:49:00
 Peter O'Dea 3:19:48

Major Random Prize

**Qantas Return Ticket To
 Honolulu Marathon 1995**

Winner: Graeme Sanderson

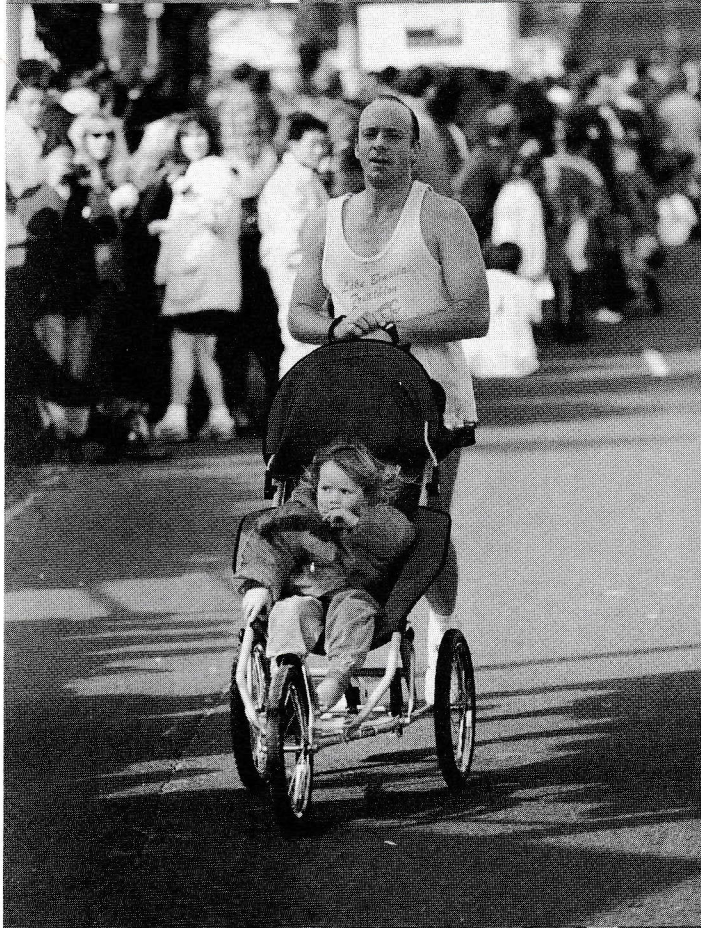
Random Prize

**Return Ticket to the
 City To Surf in Sydney**

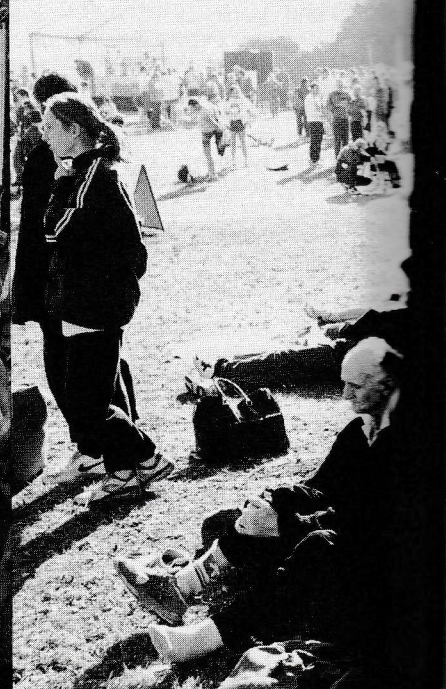
- Anna Robinson - Brighton
- Felicity Begg - Glen Iris
- Heather Maplesdon - Glen Waverley



Something



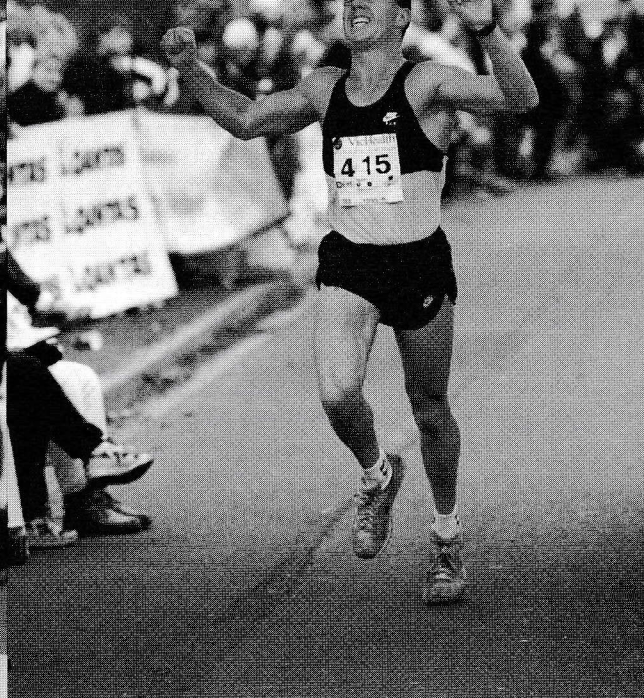
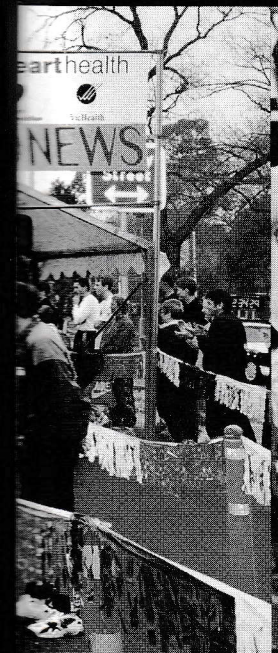
START START





2:40:49
BY INGRAMS BRIGHT

or everyone!



San Remo Pasta Party

This year saw the inaugural pasta party for the Hearthealth Melbourne Fitness Festival. Two hundred and sixty hungry people enjoyed a healthy feast of pasta supplied by San Remo. At \$10 a head this value for money carbo rich dinner was an ideal preparation for Sunday's events.

The Melbourne Rowing Club, located on the banks of the Yarra River, was the perfect venue for this healthy feast of carbohydrates, followed by all the fruit salad and ice cream you could eat, supplied by the Great Australian Ice Creamery - Bourke Street, City.

The popular carbo-load dinner will be an annual occurrence and will take its place as part of the Festival's marathon of events making up Victoria's biggest week-end of health and fitness.

True Value Torch Run

Melbourne's Only Night Fun Run

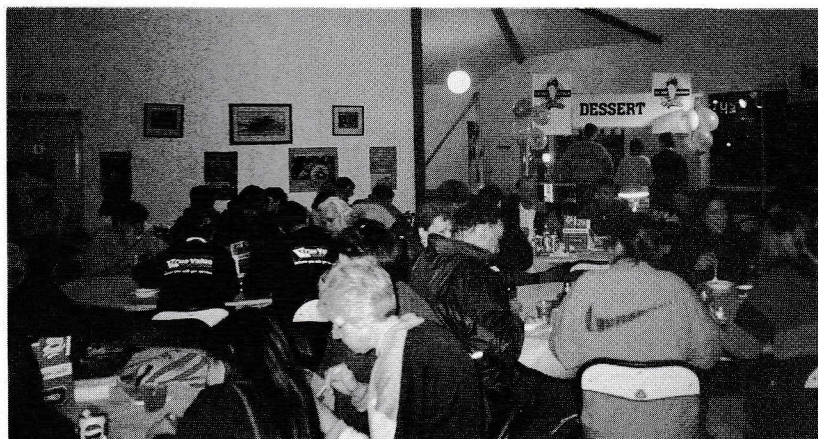
Now into its fifth year the **True Value Torch Run** is the official commencement of the Festival weekend. It is a novel event where all participants receive a torch to run with. Run on a crisp and clear Friday evening six hundred runners, joggers and walkers set off to the sound and spectacle of an exploding fireworks display.

It made for quite a magnificent sight to see everyone running torch in hand down Swanston Walk, along the Yarra River and through SouthGate to finish in the Alexandra Gardens.

One in four people won prizes donated by Nike, The Heart Foundation, Qantas, Gatorade and Waratah Cosmetics. Adding to the spectacle of the evening were the Vintage Trucks and a Teleboom vehicle bought in by the Metropolitan Fire Brigade.



Ready, Set, Smile at the Camera



Athletes enjoying the "All you can eat" Pasta Party



The Spartans

Melbourne Marathon Spartans Club - 1995

Allan	Alderson	\$608	Maurice	Gregory	\$635	Godfrey	Pollard	\$662
Nizami	Alickoill	\$609	Jim	Groden	\$636	Vic	Potter	\$663
Norm	Baker	\$610	Greg	Hall	\$637	Lesley	Pretty	\$F22
Dave	Barker	\$611	Lindsay	Hooper	\$639	NC	Reynolds	\$665
Rod	Bayley	\$612	Graeme	Ingram	\$640	Ray	Rogers	\$666
William	Beckett	\$613	Steve	Kasa	\$641	Carlo	Rob	\$621
Garry	Blake	\$614	Ian	Kraska	\$642	Elias	Sahely	\$625
John	Bowes	\$615	Zoran	Lazerevic	\$643	Mark	Sinclair	\$667
Peter	Brandon	\$616	Edward	Lillis	\$644	Ray	Smith	\$668
Robert	Brook	\$617	Owen	Lloyd	\$645	Phil	Stewart	\$669
Slobodan	Bucevac	\$618	John	Manias	\$646	Gary	Stirton	\$670
Walwin	Buultjens	\$619	Malcolm	Matchett	\$647	Stan	Styk	\$671
Nigel	Bydder	\$620	Richard	McDonald	\$648	David	Sylvester	\$672
Kevin	Crowley	\$622	Leonard	McGrath	\$649	Gary	Taylor	\$673
Robert	Davidson	\$623	Ronald	McKenzie	\$650	Brett	Thiele	\$674
Bob	Davidson	\$624	Malcolm	McKinnon	\$651	Peep	Toom	\$675
Phil	De Young	\$625	David	McQueen	\$652	Clive	Vernon	\$676
Peter	Dixon	\$626	Richard	Mertyn	\$653	Andrew	Webb	\$677
Steve	Duckworth	\$627	Peter	Mitchell	\$654	Graham	Wightman	\$678
Paul	Dungan	\$628	Andrew	Moore	\$655	Paul	Williamson	\$679
Kevin	Fenby	\$629	Ben	Morray	\$656	Chris	Wilson	\$680
Ron	Figgins	\$638	Ian	Muir	\$657	Eric	Young	\$681
Adrian	Fisher	\$631	Bernie	Murnane	\$658	John	Zeleznikow	\$682
Barry	Fitzpatrick	\$632	Murray	Penrose	\$659	Abdon	Ulloh	\$683
Barry	Grattidge	\$633	Sam	Pesci	\$660			
Graham	Glover	\$634	Michael	Petrucci	\$661			

The Melbourne Marathon Spartans Club

There has been a number of inquiries over the past few months concerning the concept, eligibility and cost associated with membership to The Spartan Club. It would appear that many incoming athletes are concerned at the possibility of paying fees to simply belong to our Club. It is trusted that this brief overview of the Club's basic objectives and constitution will clarify the situation, especially for those members who have joined the ranks of The Spartans in 1995.

The Club was officially formed in 1987 in recognition of those 88 athletes who had successfully completed ten Marathons. The concept, the brainchild of Brian Dixon and Ted Paulin has seen Club numbers expand to 614 with a further 74 entrants this year for a total membership of 688.

Our membership includes one wheelchair athlete, 22 female and 665 male life members.

Life Membership is granted to each athlete who successfully completes 10 Melbourne Marathons. As a Club we tend to keep a relatively low profile and our basic objectives are to assist charities, such as the Salvation Army, promote long distance running and contribute wherever possible to help lift the profile and status of the Melbourne Marathon.

There is no membership fee and the only cost with being an active Spartan is the voluntary contribution of \$5 annually to assist the Club with the production and distribution costs of our newsletter. If you wish to receive a copy of "The Spartan" please forward your cheque to the

Club Treasurer
93 Therese Avenue
MOUNT WAVERLEY 3149.

1995 City of Melbourne Half Marathon

By Chris McKenzie

Once again the City Of Melbourne Half Marathon attracted a strong field, both in size and quality. Amongst the field was the highest profile athlete of the weekend, 2:10 Marathoner and 61 minute Half Marathoner, Japanese star Masaaki Kobayashi. Not surprisingly, Kobayashi was an overwhelming favourite to win the race despite carrying a minor leg injury.

Kobayashi showed his class dominating the race from the early stages. Even when an ill informed spectator directed the Japanese ace the wrong way, causing him to lose nearly a minute, he didn't panic and continued on his way to a strong victory in the time of 1:06:02.

Local runner Magnus Michelsson ran an excellent race to take second place in 1:06:25 from fellow Melbourne runner Grant Warren who finished in 1:07:54.

Miki Katashima, continued the Japanese domination of the day by winning the women's section in 1:13:23. Western Australia's Sue Malaxos maintained her the good form over the past twelve months to take second place in 1:14:52. Being the first Australian home, Sue, along with Magnus Michelsson, will become Australia's representatives at next year's Inuyama Half Marathon in Japan. Third place went to Victorian Jenny Dowie in a time of 1:16:10.

For the first time, runners in the Half Marathon started with the marathon and ran the same course for 20 km before turning back to the finish thus allowing the Marathon runners to continue for the second half. While this made the start a little congested it gave the Half Marathoners an opportunity to see how demanding a marathon is and with any luck may have inspired some runners to take the challenge on board next year.

The City of Melbourne
congratulates all
participants in the
1995 Hearthealth Melbourne
Fitness Festival



For a free brochure on recreational opportunities in the City of Melbourne phone 9658 9971 or pick up a copy from the Front Desk, Melbourne Town Hall.





*See you
again
next year!*