

# **Melbourne Marathon 2000**



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**Official Results**

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**Frankston to Melbourne**



# Coming Events in 2001

## **Sussan Women's Classic Walk and Run 5k & 10k**

Melbourne 1 April

Auckland 22 April

Sydney 6 May

## **Half on the Park 21.1 km Run & 10 km Run**

August 2001

## **Age AFL Fun Run**

September 2001

## **Asics Melbourne Marathon, Half Marathon & 5km**

14 October

All dates are subject to confirmation. Pencil them in to your diary for next year.  
For more details closer to the events contact:

### **Kinscrest Holdings Pty Ltd**

Ph 9381 4666

Fax 9381 4777

Postal address: PO Box 148 Brunswick 3056

Email: [melbmarathon@tpg.com.au](mailto:melbmarathon@tpg.com.au)

Web: [www.melbournemarathon.com](http://www.melbournemarathon.com)

## **Volunteers**

We rely on volunteers for the smooth running of our events.

We are always looking for more volunteers.

If you are part of a club or group that would like to register with us then contact

**Asics Melbourne Marathon** on Ph 9381 4666.

## **Merchandise Available**

Did you miss out on purchasing official 2000 Asics Melbourne Marathon event merchandise. We have large, XL and XXL t-shirts still available for sale and a few large singlets in stock.

Phone 9381 4666 to order

Have your credit card handy.

## **Production**

Contributors: Len Johnson, Wade Noonan, Damien Cook, Jacqui Rush

## **Photos courtesy**

Ken Irwin - The Age, and Action Photo Australia



Anima Sana in Corpore Sano

9 October, 2000

First of all I would like to offer my congratulations to the organisers, winners and all participants of the 2000 Asics Melbourne Marathon.

For a number of years now Asics footwear has had the exclusive endorsement of Sports Medicine Australia. This is not just a run of the mill sponsorship agreement but an exclusive partnership in footwear research and development. Working closely with professional medical practitioners of foot biomechanics will ensure that Asics footwear is always at the forefront of footwear technology.

For a clear reflection of the superiority of our product, we needed to look no further than the high percentage of runners in the Marathon choosing to run in Asics footwear. We are by far the most preferred running brand and it is most fitting that we are now the major sponsor of a major marathon in Australia.

Asics is committed to the Melbourne Marathon for three years and we look forward to not just a repeat of the success this year in 2001 but if at all possible, make it even bigger and better. One thing that we won't need to see a repeat of however, is the headwind that the runners had to negotiate this year!

Yours Sincerely,

Keiichi Sasaki,  
Managing Director.

ASICS TIGER OCEANIA PTY. LTD. A.B.N. 59 003 091 389

P.O. Box 6186, Silverwater DC N.S.W. 1811, Australia

Unit 13, Block B, Slough Business Park, Holker St., Silverwater N.S.W. 2128, Australia. Telephone: (02) 9647-2944 Facsimile: (02) 9648-4416

## **A message from Frankston City Mayor**

After nine years, Frankston City was very pleased to see the recent return of the Asics 2000 Melbourne Marathon, to its traditional course - Frankston to Melbourne. It was fantastic to see so many people both participating in the race, and supporting the event, making it a resounding success. The whole environment of activity, colour and atmosphere created on the day was a great credit to the organisers of the event.

Frankston City is growing larger and more popular each year, attracting many major sporting events, including the marathon. These activities are not only putting the national spotlight on our City, but they are also drawing international attention.

Congratulations on such a great effort - with excellent results. Council looks forward to its continued involvement in the Melbourne Marathon Event.

Cr Mark Conroy  
MAYOR

## **A message from the Race Director**

On behalf of the Asics Melbourne Marathon I congratulate all participants in both the Asics Melbourne Marathon and Half Marathon.

The support of all our sponsors, in particular Asics, Myer, City of Melbourne, Frankston City Council and Active for Life was instrumental in ensuring that the tradition of the 23<sup>rd</sup> Asics Melbourne Marathon continued. Our partnership with Asics will continue over the next two years. We aim to return the marathon to the prominence of the mid 1980's.

This year the event would not have proceeded without the support of Asics, Myer, Victoria Police, Cities of Melbourne, Frankston, Kingston, Bayside & Port Phillip, Bayside Trains, Yarra Trams, St John Ambulance and Parks Victoria. We are indebted for their generous support and assistance in re-establishing the traditional Frankston to Melbourne course.

Our interstate and overseas participants this year provided some 17% of the total field, bringing with them a great benefit to Melbourne. The continuing support of Asics will ensure many more overseas and interstate runners will come to Melbourne on the second Sunday in October.

We congratulate our winners James Harrison and Nelly Marmy Conus on their courageous performances and wish them well in next years New York Marathon, courtesy of Asics.

We thank our loyal volunteers as without their generosity and assistance the event simply would not be possible. We thank our staff that worked tirelessly for the benefit of the event, for it was only with their passion and endeavour that the Melbourne Marathon tradition continues.

We look forward to Sunday October 14<sup>th</sup> 2001 and to the 24<sup>th</sup> staging of the Asics Melbourne Marathon running from Frankston to Melbourne.

Joe Murphy  
EVENT DIRECTOR



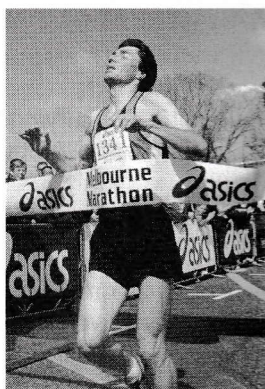
# asics Melbourne Marathon Hall of Fame

## Male

1978	Bill Scott	Australia	2:21.04
1979	Andrew Lloyd	Australia	2:26.44
1980	Andrew Lloyd	Australia	2:17.37
1981	Andrew Lloyd	Australia	2:19.03
1982	Bill Rodgers	USA	2:11.08
1983	Juma Ikangaa	Tanzania	2:13.50
1984	Juma Ikangaa	Tanzania	2:15.31
1985	Fred VanDerVenet	Belgium	2:12.35
1986	Richard Umberg	Switzerland	2:17.21
1987	Ric Sayre	USA	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 Muzgovo	Russia	2:17.02
1992	Slawomir Gurney	Poland	2:16.04
1993	Jerry Modiga	South Africa	2:15.07
1994	Manabu Kawagoe	Japan	2:19.02
1995	Osamu Monoe	Japan	2:17.19
1996	Zerihun Gizaw	Ethiopia	2:22.40
1997	Greg Lyons	Australia	2:15.49
1998	Daniel Radebe	South Africa	2:12.48
1999	Michael McIntyre	Australia	2:25.04
2000	Jamie Harrison	Australia	2:25.53

## 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	USA	2:37.57
1983	Rhonda Mallinder	Australia	2:37.56
1984	Margaret Redan	Australia	2:43.40
1985	Margaret Redan	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	Hong Kong	2:47.37
1995	Lyn Clayton	Australia	2:38.50
1996	Sylvia Rose	Australia	2:41.53
1997	Tracey Newton	Australia	2:48.32
1998	Sherryn Rhodes	Australia	2:37.56
1999	Susan Hobson	Australia	2:33.27
2000	Nellie Marmy-Conus	Australia	2:49.22



**2000 Winner**  
**James Harrison**  
**2:25:53**



**2000 1st Female**  
**Nelly Marmy-Conus**  
**2:49:22**

# asics Melbourne Marathon Best Times

## Male

Age	Name	Country/State	Year	Time
Open	Bill Rodgers	USA	1982	2:11.08
U/20	Glen Devers	Vic	1983	2:26.36
40-44	Michael McIntyre	Vic	1998	2:20.24
45-49	Bill Raimond	NSW	1982	2:25.51
50-54	Barry Brooks	Vic	1994	2:38.13
55-59	Barry Brooks	Vic	1996	2:39.57
60+	Gordon McKeown	Vic	1984	2:56.09

## Female

Age	Name	Country/State	Year	Time
Open	Alena Peterkova	TCH	1992	2:33.02
U/20	Susan McNish	Vic	1983	3:03.34
40-44	Sue Hobson	WA	1999	2:33.27
45-49	Colleen Stephens	Vic	1997	2:51.01
50-54	Marg Ellis-Smith	Vic	1990	3:12.14
55-59	Jean Albury	Vic	1984	3:09.14
60+	Shirley Young	Vic	1992	3:27.40



# The asics Melbourne Marathon 2000

By LEN JOHNSON of "The Age"

After 22 Melbourne marathons, the race seemed to have hit the wall. Growth, like with many marathons round the world, had stagnated. Indeed, it was negative. Survival was a year-to-year thing.

It is a feeling not unknown in the marathon itself. The first 10 miles fly by, the next 10 do, too, with first a little, then a lot more effort. Then, suddenly, it's a struggle to the finish. It is then time to go back to basics. Consolidate; settle into survival shuffle; and worry about the next mile, rather than the next one and the one after that.

The 23rd Melbourne marathon went back to basics, and to Asics. The former in the shape of a return to the Frankston to Melbourne course used for the first 14 editions of the annual marathon. The latter in the guise of a three-year naming rights sponsorship deal which, with a similar sponsorship from Coles-Myer, offers the race some degree of security.

Melbourne established itself as a marathon on the Frankston to Melbourne route, a course that was subject to head or cross-head winds most years but, nevertheless, popular with runners because of its simplicity and the similarity with traditional races like Boston and Marathon to Athens.

The move away from the point-to-point course in 1992 was mainly dictated by sponsorship considerations, the desire to identify the race more closely with the city chief among them. It seemed a sensible move, especially given the prevailing winds, but it did not gell with a significant number.

The 2000 race, for the first time in many years, saw an increase in marathon entries. It was a modest improvement, but given that it had occurred before the Olympics, race director Joe Murphy could put it down only to the course change.

Anyway, having gone for the doctor on several issues, the doctor now came to the aid of the marathon. This medical assistance came in the form of Dr Jamie Harrison, one of the best distance runners never to have represented Australia on the track in a major championship, a gap in his running 'c.v.' which he admits leaves him feeling "unfulfilled."

Harrison, who led all the way to win this year's race, is not sure why he runs any more, except that he is good at it and he likes it. And if those two reasons are not enough to convince him it is a worthwhile pastime, a trip to the 2001 New York marathon to do it all over again might. The first Australian male and female finisher in this year's Melbourne race won trips to New York, sponsored by Asics.

Joining Harrison will be Nelly Marmy-Conus, the first woman to complete the Frankston to Albert Park course. Marmy-Conus won a race-long battle with Kate Harris by less than a minute.

Harrison's win revived another Melbourne tradition, too, that of the Sydney raider. Not since the last of Andrew Lloyd's hat-trick of wins from 1979 to 1981 had a Sydneysider been first across the line.

For the first half of this year's race, the runners had to contend with a steady headwind. "It was no gale, but it seemed to be in your face the whole time," Harrison said. Harrison took the lead, and no one went with him. He reached the halfway mark at Ricketts Point in just under 71 minutes and was almost two-and-a-half minutes ahead of a pack that included last year's winner, Michael McIntyre.

Seven kilometres later, the lead had stretched to three minutes, but Harrison was showing the strain. It wasn't his legs so much as his upper body that hurt, his neck and shoulders tightening up as he fought to maintain pace and form.

At the 40-kilometre mark, he still had around two minutes to spare. He lost more than half that in the final 2195 metres, but held on to win in two hours 25 minutes 53 seconds. McIntyre finished 51 seconds behind, taking his third consecutive Victorian title, but he was unable to take any real ground out of the winner until it was too late.

Rick Cooke finished third in 2:28:22. Harrison, 36, reflected on a career that includes victory in the Zatopek 10,000 metres in 1988 and a time of 13:27:98 for 5000 metres. The latter puts him 15th on the national all-time list and every one of those ahead of him have represented Australia in a major championship. "I feel a little unfulfilled," Harrison admitted. "I would like to make a major championship team. I'm probably the fastest at 5000 not to have made a major team."

A doctor who works at a sports medicine clinic in Northmead, near Parramatta in Sydney's west, Harrison says he retains some hope of rectifying that. "As you get older, it's harder to fit running in. All the other priorities come into your life. But I certainly haven't given up, even if it sometimes looks like I have," he said.

Marmy-Conus ran 2:38:39 in the 1998 Melbourne marathon, and has been a regular competitor in the Victorian winter seasons, always placing well, especially as the distances went up. She was clear of Harris for most of the race, but never comfortably so.

When the 40-second cushion she had at halfway remained pretty much intact at the 40-kilometre point, however, the race was in her keeping. She crossed the line in 2:49:22, 40 seconds clear of Harris, with Sarah Fien of the Australian Capital Territory third in 2:54:38.

Magnus Michelsson won the men's half-marathon, which started at Ricketts Point, in 1:08:25, defeating Japanese runner Atsushi Watanabe. In the women's race, the Japanese come out in front, Asuka Kato running 1:16:04 to defeat local runner Bronwyn Carty.

Michael Letch, the only quality athlete competing with the Paralympics about to begin, won the wheelchair marathon race in 2:16:34.

ED: We thank the Age for their great support.



# asics Melbourne Marathon 2000 Official Results

1306	Patrick Power	5:04:43	66	1340	Steve Miller	5:31:52	31	176	
1307	Shayne Dean	5:06:06	53	8	1341	Assunta Favi	5:32:54	35	56
1308	Takahiro Fukuroda	5:06:49	41	161	1342	Rossano Brevini	5:32:54	45	163
1309	Vincent Branigan	5:07:08	45	160	1343	Grahame Kerruish	5:35:05	61	30
1310	Jack Brooks	5:07:33	52	108	1344	James Corless	5:35:07	59	74
1311	Courtney Blood	5:07:49	29	41	1345	Danny Justin	5:36:14	29	112
1312	Francis Kaszmarek	5:08:46	33	173	1346	Carlene Matthews	5:39:26	45	22
1313	Lynette Gawne	5:08:47	50	9	1347	David Jones	5:40:14	33	177
1314	David Freeman	5:08:52	47	161	1348	Helen Simmons	5:42:00	46	23
1315	Christine Holt	5:09:51	51	10	1349	Ranjith Munidasa	5:42:05	56	75
1316	Wayne Thompson	5:09:58	47	162	1350	Paul Hardy	5:42:25	32	178
1317	Greg Wishart	5:15:26	62	28	1351	Maxim Wood	5:43:18	62	31
1318	Roger Moodie	5:17:22	53	109	1352	Margaret Beaumont	5:44:25	62	3
1319	Howard Ham	5:17:24	51	110	1353	Vicki Thompson	5:50:29	54	11
1320	Ron Hill	5:19:19	60	29	1354	Walwin Buultjens	5:51:05	53	111
1321	Raj Langroo	5:20:19	55	72	1355	Gem Dream	5:51:07	19	1
1322	Tina Noutsos	5:20:20	26	42	1356	John Zeleznikow	6:01:18	50	112
1323	Patrick Goonan	5:21:05	30	174	1357	Rakesh Jampala	6:02:50	19	9
1324	Mick Bridle	5:21:07	68	6	1358	Jack Felton	6:07:28	53	113
1325	Bryan Johnston	5:21:34	65	7	1359	Suresh Prasad	6:29:28	41	166
1326	Mark Woods	5:22:06	33	175	1360	Ken Hough	6:29:32	55	76
1327	Greg Mathews	5:22:22	42	162	1361	George Halliday	6:29:33	77	3
1328	Michelle Konzag	5:22:29	27	43	1362	Kate Emily Roberts	6:41:27	24	17
1329	Colin Parkhurst	5:22:33	42	163	1363	David Maroney Snr	6:48:13	59	77
1330	David Black	5:22:40	40	164	1364	Jennifer Adams	6:53:46	26	44
1331	Karyn Bollen	5:23:02	45	20	1365	Daniel McPherson	6:53:47	22	62
1332	Virginia Eke	5:23:12	45	21					
1333	Paul Sammut	5:24:51	56	73					
1334	Lois Wishart	5:26:40	55	4					
1335	Ross Alexander	5:28:50	35	192					
1336	Hiro Morishige	5:29:48	36	193					
1337	Ken Matchett	5:31:26	78	2					
1338	Marie Blood	5:31:37	58	5					
1339	George D'sylue	5:31:45	42	165					

MYER



**MYER**

## A Spartans Birds Eye View of The Marathon by Damien Cook

The Melbourne Marathon has been part of my life since my first marathon in the inaugural marathon in 1978. For the next 21 years I was on the line joining thousands of others in the big adventure. I had been part of the race from down the back in four hours, up to the top ten.

I was glad to be able to be part of this year's event but on two wheels, not on two legs. I provided up to date race information to those waiting at the finish thanks to BMW Southbank Motorcycles, keeping an eye on both the mens and women's field.

Marathons evolve, and the Melbourne Marathon was no exception. Jamie Harrison went straight to the lead leaving a group of six to chase. He held a three minute break until 30k. From 30k Mike McIntyre and Rick Cooke chased slowly cutting the margin; in the end Harrison held on by less than a minute.

The women had a great race. Nelly Marmy Conus lead early until she was challenged by Kate Harris at 17k. For several kilometres they were together until Kate had a bad patch and slowly fell away. In the final kilometres the gap came back down, Nelly was under pressure but held on to win.

The race is not only about those who get to the podium, in fact it is more about the rest. Those who make it their one race of the year, those who just want to finish, and those to whom it is a challenge to run a P.B., or reach another time target.

To watch the pre-race 'rituals' in Frankston was one of the privileges of my 'job'. The laughter and nervous anticipation, the early stage of the long journey again mixed with a bit of laughter and smiles, and leading to the second half where grim determination takes over. The struggle against the road and oneself is the allure of the marathon, and the smiles & happiness at the finish line are the prizes, for all athletes, no matter what position they come.

The innovation of continual race information to the finish line was a great success and will be a feature of future Melbourne Marathons.



Thanks to Southbank BMW Motorcycles



# **asics Melbourne Half Marathon 2000**

## **Half the Distance, Twice the Fun!** By Wade Noonan

I must point out from the outset that it had always been my intention to run the full Marathon, but when an unwelcome knee injury crippled my training program in early September I was forced to reassess my goals.

This disappointment had been further compounded when I discovered that the Marathon was to be run on roughly the same course from Frankston to Melbourne, the very course that I had conquered back in 1983 and 1985.

As I lay in bed one night reading Pat Farmer's book, *Running on a Dream* I could not help but be moved by a quote that he had used to get him through the tough times of ultra distance marathon running, that being "never give up and finish at all costs." Inspired by those few words I decided in mid-September to put my sore knee behind me and concentrate on getting myself into shape and entered the half marathon instead.

8.00am, Sunday October 8th rolled around most quickly and I found myself amongst approximately 1400 runners and walkers at the Ricketts Point starting line. Bemused locals including Bruce Ruxton found themselves peering strangely from their front gates as many of the competitors spent the last few minutes prior to the run stretching hamstring, groin and calf muscles. During those couple of minutes prior to the start I also found myself pondering the new phenomenon amongst the male runners of fully shaved legs. I wondered whether this might save them a few seconds across the course of the next 21.1 kilometres.

The starter got us under way with a brief, "ready, go!" and as hundreds of stopwatches synchronised with a small beep we were finally on our way. The loyal collection of family, friends and supporters at the starting line raised a rowdy cheer and clapped respectfully as the runners and walkers moved past them and off into the distance.

Under clear blue skies and light winds we headed off down Beach Road, Albert Park bound. The early pace seemed quick as many runners burnt off the nervous energy that had been storing since Saturday evening. I found myself in an early rhythm and was intent to remind myself to have the occasional peek to my left and enjoy the magnificent views across Port Phillip Bay.

The first five to seven kilometres of the course were very challenging with a number of small rises to negotiate which seemingly got longer and steeper as the early kilometres passed. The light breeze at our faces also appeared to be picking up as we moved past the Sandringham Yacht Club and on to an exposed stretch of road between Hampton and Brighton Beach. It was at that stage that a large group of well-toned triathletes moved up and surrounded me. I decided to go with them for a while. The pace was good and a number of the stronger runners took turns at leading the bunch, creating a wind block for those of us toward the back.

As we reached Brighton Beach and the halfway point I could tell that a number of us were struggling to maintain the pace being set by the group. I had only recently become

familiar with the term 'spat out the back' during the recent Sydney Olympic Marathon radio coverage. This term is generally used when an individual runner loses touch with a group of runners and is left to watch as they move off into the distance. It would have been fair to say that shortly after passing the 10k mark that I too experienced the feeling of being 'spat out the back' and was left to run alone.

This did not dampen my spirits as I was thoroughly enjoying being able to participate in the event. I put my head down and battled on, moving into the more sheltered stretch of St.Kilda Street, Brighton. A number of spectators lined this area of the course and I found myself slapping the outstretched hands of some young onlookers who seemed most pleased when I returned their friendly gestures. The well-staffed drink stations were becoming more valuable and the half-cup of Sports Drink at Elwood certainly gave me a lift at the 15k mark.

Fortunately, by the time I had moved in to Marine Parade Elwood the course had flattened out considerably and runners were treated to near perfect conditions. My legs were becoming heavier and for the first time during the run I found myself counting each kilometre down. The field had stretched out quite considerably by this stage and runners sought comfort in the fact that the majority of the course was behind them.

Luna Park soon loomed large on the horizon as I crossed the 18k mark. Melbourne had seemingly awoken, as there was plenty of human activity in this area of the course. The famous St.Kilda Esplanade Market on our right seemed well under way and the steady stream of rollerbladers and early morning walkers filled the pavements along side the course.

Beaconsfield Parade proved to be a long hard grind, as many of the runners around me appeared to be working very hard. As we closed in on Kerferd Road and the 20k mark spirits were lifted by a number of enthusiastic spectators lining the road. Generous applause was offered with the promise that there was not far to go.

Albert Park was a welcome sight and the sound of the announcer at the finishing line was even better. I had chosen not to check my time during the run preferring to judge my body for the right pace but when I saw the finishing clock overhead I decided to put in one final burst. I crossed the line in a time of 1.31.53, finishing 145th out of the 1363 runners. I was mighty pleased to have finished.

I collected my finisher's medal and proceeded through the finisher's area. I was then greeted by my greatest supporter and wife Julie, who offered her congratulations. I thanked Joe Murphy, the Race Director for putting on a tremendous event and vowed to return again next year.



## Behind the Scenes

Thank you to everyone involved in this years **Asics** Melbourne Marathon. It is a huge undertaking to put on an event of this magnitude and it is thanks to the support of many varied groups that we were able to have such a successful event.

On race day, to ensure you had an enjoyable event we had:

- 430 volunteers on course, 160 on drink stations, 270 street marshals from athletic & service clubs
- 210 athletic club volunteers performing various tasks around the finish line area including race timing, refreshments, pb Sport preparation and distribution, bbq, medal presentation, clothing bag return, interpreter services for the 150+ international entrants,
- 156 police on street corners directing traffic and making your race safe.
- 80 St John first aiders along the course to attend to your needs
- 40 RMIT masseurs for post race massage and 4 Keys Street Beaumaris physiotherapists to assist with any soft tissue injuries
- 15 Lions club members driving various vehicles around the course
- A team of 40 support staff in specialist roles
- Sponsors tents distributing products and samples
- 3,500 participants with over 98% of starters finishing their chosen event

On race day you used:

- 70,000 cups of water and pb sport, that is about 20 cups each
- 200 kg of pb sport powder or about 8,000 litres of pb sport drink
- 600 kg of Chiquita bananas and 500 kg of water melons
- 4,000 cups of Milo
- 15 kg of jelly beans distributed at the 36 km point
- The volunteers ate 400 bar-b-que sausages and 200 burgers, 20 kg of onions, 50 loaves of bread and 15 litres of sauce.
- 8 litres of massage oil for the 800+ 10 minute massages received
- 600 volunteers t-shirts

The majority of entrants came from metropolitan Melbourne. We did have 150+ overseas entrants, 250 interstate entrants and 400 from country Victoria.

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### A Running Mum's Perspective on the Asics Half Marathon by Jacqui Rush

In 1997, after 2 years of obsessive over-training for triathlons, my 27 year old body just packed it in. Lower back problems, torn calf muscles, ITB tightness, severe knee pain, a foot problem and a constant dull ache in my shoulder that radiated down my arm.

I couldn't swim, cycle or run without pain. I tried physio, myotherapy, a chiropractor, cortisone injections and had two knee operations. Life was not good.

Reluctantly, I had a break and happily I became pregnant with my first child. For the 1st trimester I did very little exercise. My aches and pains began to disappear. For the rest of the pregnancy I walked nearly every day & swam three times a week. My body felt perfect – the best it had been in years.

Our son was born in May 1999, & a few months later I decided to try running again – but this time, I was determined to avoid injury.

For months, I only ran 2 or 3 kms and three times a week, but in early 2000, I gradually increased the distance to about 10k. In June, after I had been running for six months without injury, I decided to aim for the half marathon in October.

I didn't tell anyone at first, I managed the long runs really well and actually enjoyed them (apart from the time a naked man jumped out of a bush near Brighton Beach and flashed at me!). After that incident, my sister joined me as my training partner and we did the long runs together.

A week out from the big day, I started to get paranoid. I was convinced that my calf muscles were tightening & I had a hamstring strain. But it was all in my head – everything came together beautifully on the day. My time wasn't great (2 hrs 7 mins), and my sister, who is almost 10 years older than me gave me a real shellacking, but when I came through the finishing line & saw Scott with little Darcy on his back yelling "Mum, Run, Run, Run",

I couldn't have been happier.



# asics Melbourne Half Marathon 2000

## HALF MARATHON MALE Age Group Winners

U/18	Wayne Cove	17	1:29:32
18-19	Ben Stutterd	19	1:17:48
20-24	Dale Bateman	20	1:19:11
25-29	Atsushi Watanabe	25	1:09:38
30-34	Magnus Michelson	32	1:08:25
35-39	Peter Burke	39	1:12:50
40-44	John Guerin	42	1:14:39
45-49	Tony Gray	46	1:16:36
50-54	George Hooper	50	1:28:15
55-59	Barry Boyd	56	1:23:20
60-64	Peter Cronk	60	1:42:00
65-69	David Finestone	65	1:53:24
70-74	Ernest l'anson	71	1:59:10
80+	Takeshi Miyatake	83	3:09:19
Oldest	Takeshi Miyatake	83	3:09:19

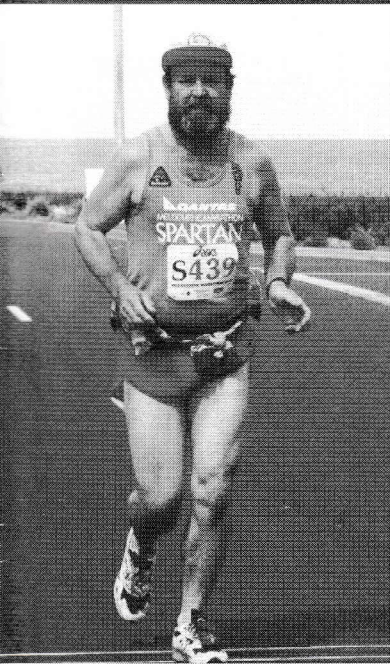
## HALF MARATHON FEMALE Age Group Winners

U/18	Rhiannon Palmer	17	1:33:34
18-19	Irene Digenis	19	1:39:26
20-24	Asuka Kato	20	1:16:04
25-29	Karen Dorris	29	1:24:25
30-34	Kim Wilson	30	1:21:09
35-39	Coral Farr	37	1:29:30
40-44	Catherine McDonald	41	1:33:17
45-49	Bronwen Cardy	48	1:18:42
50-54	Nancy Chorley	53	1:39:57
55-59	Joanne Davis	55	1:56:22
60-64	Francis Moore	62	2:26:15
65-69	Rowena Barker	68	1:57:46
70-74	Corrie Degroot	72	2:04:49
Oldest	Corrie Degroot	72	2:04:49

## asics Melbourne Half Marathon 2000 Results

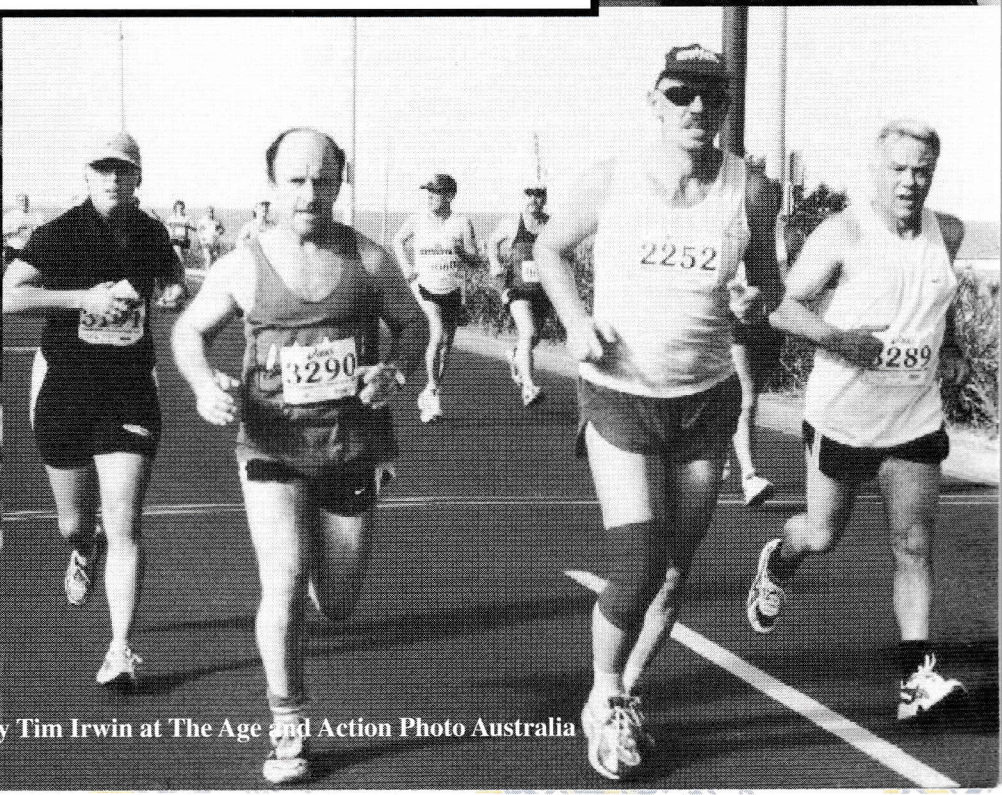
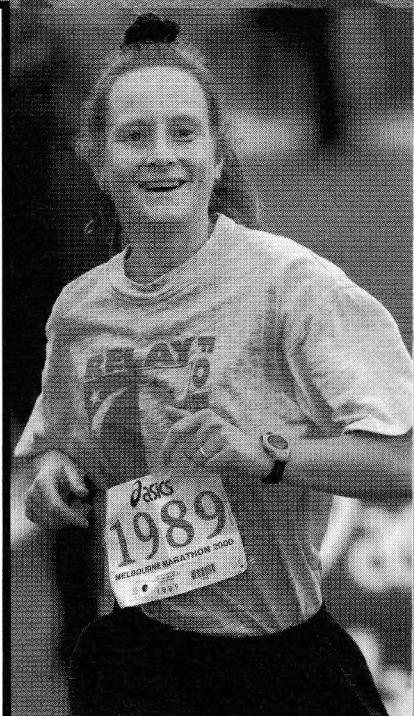
1	Magnus Michelson	1:08:25	32	1	49	Wayne Williams	1:22:43	30	9	97	Christopher Gippel	1:27:46	43	9
2	Atsushi Watanabe	1:09:38	25	1	50	Michael Schaefer	1:22:58	43	4	98	Victor Rowe	1:27:52	37	13
3	Dean Degan	1:10:43	29	2	51	James Oliver	1:23:03	28	18	99	Malcolm Bailey	1:27:55	31	18
4	Chris Truscott	1:12:40	26	3	52	Dean Hendrikse	1:23:11	29	19	100	Edward Wilde	1:27:57	27	32
5	Peter Burke	1:12:50	39	1	53	Barry Boyd	1:23:20	56	1	101	Greg Kelson	1:27:58	39	14
6	Scott Jackson	1:13:17	29	4	54	Malcolm Jones	1:23:26	29	20	102	Brad Boag	1:28:04	28	33
7	Chris Bunney	1:14:26	32	2	55	William Hersbach	1:23:27	47	6	103	Travis Minns	1:28:06	28	34
8	John Guerin	1:14:39	42	1	56	Anthony Dineen	1:23:37	35	6	104	Scott Defina	1:28:15	27	35
9	Simon Royall	1:15:22	36	2	57	Simon Jackson	1:23:40	37	7	105	George Hooper	1:28:15	50	1
10	John Van Wisse	1:15:51	27	5	58	Phil De Costa	1:23:55	32	10	106	Christopher Lord	1:28:48	44	10
11	Trevor Philpot	1:15:58	38	3	59	David Petterson	1:24:08	26	21	107	James Stewart	1:28:59	34	19
12	Asuka Kato	1:16:04	20	1	60	David Accadia	1:24:11	23	5	108	Tom Kerr	1:29:00	56	2
13	Tony Gray	1:16:36	46	1	61	Lindsay Morton	1:24:12	40	5	109	Chris Menzies	1:29:15	18	3
14	Andrew Papas	1:16:51	30	3	62	Frank Hungerford	1:24:20	45	7	110	Scott Blackman	1:29:21	29	36
15	George Edmond	1:17:20	48	2	63	Mark Haworth	1:24:22	43	6	111	Keith Mayhew	1:29:26	56	3
16	Rafael Moriana	1:17:28	42	2	64	Karen Dorris	1:24:25	29	1	112	Rodney Stormonth	1:29:29	29	37
17	Andrew Demetriou	1:17:40	31	4	65	Lisa Nelson	1:24:31	24	2	113	Nicolette Goughwin	1:29:30	27	4
18	Peter Truscott	1:17:40	31	5	66	Craig Rawson	1:24:40	30	11	114	Coral Farr	1:29:30	37	1
19	Ben Stutterd	1:17:48	19	1	67	Darren McKellar	1:24:45	34	12	115	Wayne Cove	1:29:32	17	
20	Philip Barrett	1:18:35	31	6	68	Bruce Ferrier	1:24:48	47	8	116	Patrick Ryan	1:29:42	29	38
21	Bronwen Cardy	1:18:42	48	1	69	Peter Van Wijngaarden	1:24:49	24	6	117	Troy Tindill	1:29:45	23	9
22	Chris Harvey	1:18:43	39	4	70	Craig Mitchell	1:25:02	31	13	118	Anthony Sparkes	1:29:47	34	20
23	Adam Pepper	1:18:52	26	6	71	Paul Downs	1:25:18	28	22	119	Nickie Gibson	1:29:50	27	5
24	Kane Malherbe	1:19:06	19	2	72	Andrew Aston	1:25:27	33	14	120	Ken Senior	1:29:51	54	2
25	Dale Bateman	1:19:11	20	1	73	Stewart Irvine	1:25:28	25	23	121	Paul Burke	1:29:52	39	15
26	Sean Whitehill	1:19:17	25	7	74	Sally Bailey	1:25:41	27	2	122	Christopher Nolan	1:29:53	33	21
27	David Hudson	1:19:49			75	James Ross	1:25:49	20	7	123	Mark Edwards	1:30:09	47	10
28	Brian Harrison	1:19:51	49	3	76	Justin Bown	1:25:55	27	24	124	Chris Ward	1:30:14	31	22
29	Peter Seal	1:20:02	30	7	77	Gary Newstadt	1:25:58	47	9	125	Hugo Sarpa	1:30:16	37	16
30	Jason Miller	1:20:08	29	8	78	Geoff McLaren	1:26:07	42	7	126	David Colosimo	1:30:18	25	39
31	Eric Louw	1:20:16	36	5	79	Ernest Lim	1:26:11	26	25	127	Michael Fawcett	1:30:36	36	17
32	Hugh McCann	1:20:22	29	9	80	Mark Pearson-Gills	1:26:13	29	26	128	Phil Hain	1:30:45	46	11
33	Matthew Lewis	1:20:22	29	10	81	Mark Willetts	1:26:17	38	8	129	James McGregor	1:30:55	30	23
34	Charles Chambers	1:20:25	46	4	82	Cameron Esposito	1:26:18	30	15	130	Michael Smith	1:30:55	28	40
35	Drew Arthurson	1:20:25	22	2	83	Mick Doyle	1:26:22	36	9	131	Bill Kontoulis	1:30:59	33	24
36	Geoff Hancock	1:21:01	27	11	84	Chris Brown	1:26:23	40	8	132	Dennis McCarthy	1:31:11	44	11
37	Kim Wilson	1:21:09	30	1	85	Peter Mulhearn	1:26:32	27	27	133	Robyn Bohun	1:31:14	24	3
38	Stuart Bouveng	1:21:15	28	12	86	Robert Sutton	1:26:43	39	10	134	Doug Black	1:31:14	17	
39	John Bolger	1:21:17	45	5	87	Martin Hayden	1:26:50	21	8	135	Phil Cuthbert	1:31:21	36	18
40	Luke Nolan	1:21:30	21	3	88	Stephen Gray	1:26:52	35	11	136	Mike Jeanes	1:31:21	25	41
41	Stuart Hill	1:21:37	28	13	89	Nigel Chamberlain	1:26:53	28	28	137	Stephen Watson	1:31:21	34	25
42	Luke Varney	1:21:38	22	4	90	Kevin Walsh	1:27:06	37	12	138	Neil McVicar	1:31:23	41	12
43	Jeffrey Smith	1:21:42	41	3	91	Thomas Read	1:27:11	33	16	139	Andrew Sleeman	1:31:24	39	19
44	Malcolm Campbell	1:22:17	29	14	92	Maarten Van Der Vorst	1:27:12	33	17	140	Robert Ingram	1:31:29	39	20
45	Glenn Franklin	1:22:25	29	15	93	Andrew Godsmen	1:27:19	27	29	141	Amanda Berntsen	1:31:35	32	2
46	Steve Ballingall	1:22:36	30	8	94	Prue Davison	1:27:21	26	3	142	Natalie Moller	1:31:37	32	3
47	Joe Margheriti	1:22:40	28	16	95	Allister Sime	1:27:33	27	30	143	Russell Mignot	1:31:44	40	13
48	Antony Rickards	1:22:41	29	17	96	Tim Robinson	1:27:43	28	31	144	Gary Motteram	1:31:46	46	12





**Next year's *asics*  
Melbourne Marathon  
Sunday 14 October**

**Frankston  
to  
Melbourne**



Photo's courtesy Tim Irwin at The Age and Action Photo Australia