



# asics **Melbourne Marathon**

## *25th Anniversary*



## **2002 Official Results**

# EMILY COOK AWARD

## Royal Children's Hospital Good Friday Appeal



Henry Lanzer at 30K

Emily Cook was a beautiful little girl, who was born with a congenital heart defect. She passed away in 1994 just five days short of her fifth birthday. Her parents Jackie and Damien have very strong links with the Marathon. Jackie (Turney) has won the event twice (1981 & 1987) and Damien has completed 22 Melbourne Marathons. Jackie, Damien and Emily's twin sister Samantha have lent Emily's name to the efforts of those runners and walkers who raise funds for the Royal Children's Hospital Good Friday Appeal.

Asics Melbourne Marathon participants have certainly taken the cause to heart. Last year Edison Hebel, in the inaugural year raised \$1442 for the appeal, and we were delighted with the total amount of over \$13,000 being raised through participant's sponsorship and the barbecue.

This year we were stunned, and grateful when Henry Lanzer raised over \$17,000. This was a huge effort. Our sincere thanks to Henry and all those who sponsored him. Henry completed the Asics Melbourne Marathon in a time of 4:02:15.

Congratulations to all those who ran or walked for such a worthy cause and to the Melton Lions Club who looked after the barbecue on the day, which contributed nearly \$1,000.

We will continue our involvement with the Royal Children's Hospital in 2003 through our Good Friday Run & Walk for the Kids and the Asics Melbourne Marathon.

## Events in 2003

### Nike Women's Classic Series

Melbourne	30 March 2003	10k & 5k
Gold Coast	11 May 2003	10k & 5k
Sydney	15 June 2003	10k & 5k

### The Good Friday Run/Walk

Melbourne	18 April 2003	4k & 8k
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(100% of all proceeds to the Royal Children's Hospital Good Friday Appeal)

### The Official Melbourne Marathon Warm-up Run

Half on the Park	10 August 2003	21.1k, 15k, 10k, 5k
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### Run Melbourne Series

13 April 2003	10k & 5k
18 May 2003	10k & 5k
22 June 2003	10K & 5K
10 August 2003	10K & 5K
21 September 2003	10k & 5k

### Asics Melbourne Marathon

12 October 2003

42.2K, 21.1K, 10.4K and Team Relay

### Victoria's Greatest Fun Run

Herald Sun Olympic Dream	15 November 2003	10k & 6k
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[www.eventwizard.com.au](http://www.eventwizard.com.au)

The Asics Melbourne Marathon is proudly brought to you by

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Anima Sana in Corpore Sano

14 October, 2002

First of all, I would like to congratulate and thank Race Director Joe Murphy, his team at Event Wizard and all the volunteers who worked tirelessly to make the 25<sup>th</sup> Asics Melbourne Marathon a resounding success.

This year's race marked the return of the Asics Melbourne Marathon as a major event on the Australian sporting calendar. Apart from having the largest field for the marathon distance in Australia in 2002, the overall numbers for the event increased from the 3,700 in 2001 to over 5,000 this year. For a race that was on the verge of collapse in 2000, the Asics Melbourne Marathon has certainly come a long way.

A special thankyou must go to the people (in particular the runners) of Melbourne who as usual, can be counted on to support a sporting event in their town. Without you the event would not have been possible.

I would also like to thank Robert de Castella, former marathon world champion, world record holder, four-time Olympian and dual Commonwealth Games gold medallist, for accepting the invitation to be the Patron of the 25<sup>th</sup> Asics Melbourne Marathon. I have no doubt the de Castella Medal will take pride of place in the display cabinet of all the finishers in the event.

It is customary for us to conduct a finishers' shoe count at all the running events we sponsor worldwide. Out of the first 1,000 finishers in the full marathon this year, 58.2% chose to run the grueling distance in Asics. This result is an increase on the percentage recorded in 2001. Thankyou to all of you who continue to support our brand. I look forward to seeing all of you again at the 2003 Asics Melbourne Marathon!

Yours Sincerely,

Muneki Nishimoto,  
Managing Director.

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# A MESSAGE FROM THE RACE DIRECTOR

In the Official Results Book for the 2000 Asics Melbourne Marathon I wrote that our aim was to "return the marathon to the prominence of the mid 1980's". It is therefore pleasing to say that we not only achieved this aim but also surpassed it by returning Melbourne to the leader of Australia's big city marathons. This year participation numbers were the largest since the record year of 1984. We were able to make and keep that promise because of the support we received and continue to receive from Asics.

We have overcome many obstacles to return the Asics Melbourne Marathon to its 'premier' status within Australian marathons. Our thanks really must go to the Victorian community who support the marathon in so many ways. Athletics, sporting and service clubs provide the essential volunteers to keep participants safe, along with Victoria Police. We are also grateful to local residents who come out to support the participants, and tolerate the inconvenience of road closures. Specifically our thanks go to Asics, City of Melbourne, Parks Victoria, Radio 3AW, Schepisi Communications, Robert Lane Honda, Polar Heart Rate Monitors, Lipton Ice Tea, The Duxton Hotel, BMW Motorcycles, The Sunday Herald Sun, PB Sports Nutrition, National Bus and our loyal team of 700+ volunteers who give their time, energy and enthusiasm to the great race.

Congratulations to Phil Sly and Sherryn Rhodes who will now travel to New York for the 2003 New York Marathon courtesy of Asics.

Another notable performance in the marathon was from Kiwi Clive Henderson (60) who created a new Melbourne Marathon record in the 60 and over age category with a time of 2:47:40. Clive broke the previous record, set in 1984 by Gordon McKeown by 8 minutes and 29 seconds

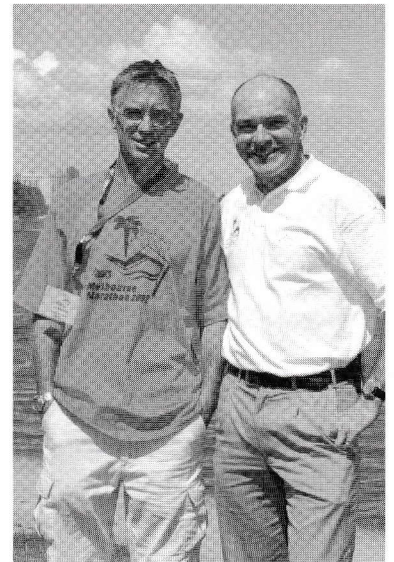
It was exciting to have Robert de Castella taking part in the celebrations for our 25<sup>th</sup> anniversary. It was obvious from the number of fans who were thrilled to meet 'Deeks' that his achievements are well remembered and respected by the Australian public.

We will, with the continued support of Asics make Melbourne on the second Sunday October in 2003 and subsequent years the only place to run a marathon in Australia.

Come on down next year and be part of the tradition.

See you for the 26<sup>th</sup> Asics Melbourne Marathon, as always on the second Sunday in October 2003.

Joe Murphy  
EVENT DIRECTOR



Race Director Joe Murphy & Rob de Castella



Deeks provides inspiration for the Spartans, some completing their 25<sup>th</sup> Asics Melbourne Marathon.



The start of the Asics Melbourne Marathon 2002.

# 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	2:18:14
1989	Takeshi So	Japan	2:18:13
1990	Russell Foley	Australia	2:20:35
1991	Victor Muzgovoi	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	Grey 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
2001	Todd Ingraham	Australia	2:23:58
2002	Phillip Sly	Australia	2:22:28

## FEMALE

1978	Elizabeth Hasell	Australia	2:53:38
1979	Jane Kurchins	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
2001	Samantha Hughes	Australia	2:39:44
2002	Sherryn Rhodes	Australia	2:47:08



2002 Winner  
Phillip Sly



2002 First Female  
Sherryn Rhodes

# ASICS MELBOURNE MARATHON BEST TIMES

## MALE

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+	Clive Henderson	NZ	2002	2:47:40

## FEMALE

Open	Sue Hobson	WA	1998	2:37:56
U/20	Susan McNich	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

# SCAM RUNS THE ASICS MELBOURNE MARATHON

*(Pat Scammell is a former Olympian at 1500m. "Rab" is Chris Wardlaw, former Olympic Marathoner, Head Coach of Australia's Track & Field Team at the Sydney 2000 Olympics.)*

**"Dear Rab**

*I ran the Melbourne Marathon on Sunday with a friend, George Richards he was my CEO when I worked at Cooper Tools.*

*He had a double bypass operation two years ago. I trained him to run the half last year which he did in 2.06. He did a lot of work for this marathon including a three hour run five weeks ago. I have been doing no more than three half hour runs a week – my long run was with Mona (Steve Moneghetti) three weeks ago for 45mins. My last lactic tolerance session was six weeks ago in Hong Kong!*

*Anyway, things were going to plan - cool overcast day, just the weather you like. We went through half in 2.05, splendid, looking good even, and I don't think Clo was in Melbourne at the time. (Pat Clohessy is a former Australian and Glenhuntly coach who also coached Pat in his early years at AIS). Still splendid and looking good at 25k (I felt good running 6 min k's and was enjoying myself to a silly degree). Alas, then George started to slow. By the time we got to 28k he was in a lot of trouble. I was now not enjoying running at 6.5 km pace as we slowed I got stiffer and stiffer.*

*George & I were now experiencing the difficulties marathon runners talk about. Our first walk was at 30k and it was very nice, I have to say, until we started to stop and start. The next 5k was a disaster walking, jogging plus the sun came out as well. I was starting to cramp in both legs with the stop start stuff (calves). I got George back shuffling. At 35k I convinced George we needed to run for longer periods. I'm a very wise man you know. I knew in my other running life with 7k to go it would be over in a little over 20 plus mins but alas reality hit hard. If we didn't starting running we had another hour or more on road. Anyway, somehow I lit the passion in my virgin marathon friend. Now we had another benefit as we started to seriously suck the marrow out of our well wishers on the side of the road. (God bless them all especially the nice lady in front of Luna Park with the lollies - snakes and frogs – I thought it appropriate that she was standing in front of Luna Park). As we shuffled on to 37k walked to 38k shuffled 39.5k walked to 40k shuffled to the finish.*

*Melbourne Marathon 2002. Pat Scammell and George Richards 4 hours and 50 minutes. Place unknown. I don't think we made the top ten. One of the hardest things I have ever done, and to George, lesser people would have stopped long before we made Looney Park. A great effort by him to finish.*

*Current status not good, walking just possible, walking downstairs not possible, sunburnt, no contact with Lea (Pat's wife ). I won't go into detail. Rest assured that verbal contact is still strong. Mind you the verbal comments have not been positive. Along the lines of stupid, dim, thick, dense, and brainless come to mind.*

*I did have some positive feedback: I had a pre race text from Mona wishing me well and to let him know when I finished but please remember that he goes to bed at 10pm, and a post text message which said please don't ever do that again. Trevor Vincent gave me a banana and sports drink at 10k and then wished me luck and went home. We saw Deek after the race. He congratulated George and he laughed at me. I think he was just happy to see me in so much pain. I think it's a de Castella thing. I didn't take it personally. Do you know that Mona and Deek could have ran back to back marathons and I still would have been out on the course for the first one with another 34 mins to go!!!!*

*I didn't make it to Mass on Sunday. You are right once again — the marathon is a spiritual experience.*

*God bless you. This is a true story.*

*Regards*

*Scam"*

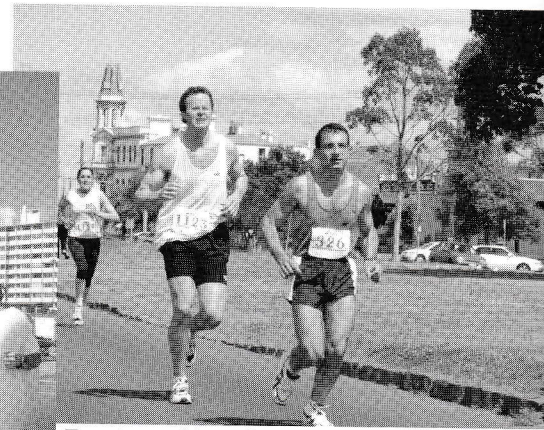
# Melbourne M



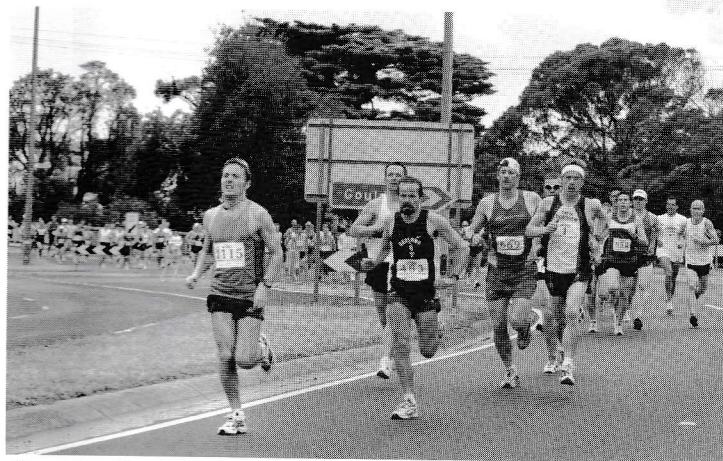
Ian Gainey Finishes



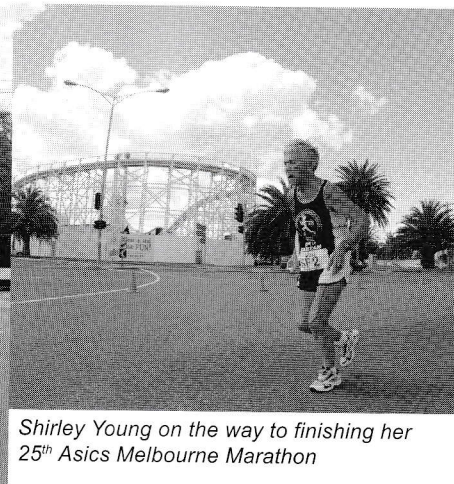
Thomas Boyd and Tony Dineen as giant sperm.



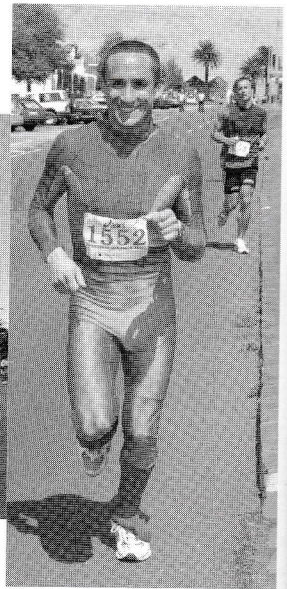
Tony Lane, Simon Bennett & Charlie Davis



Departing Frankston



Shirley Young on the way to finishing her 25<sup>th</sup> Asics Melbourne Marathon



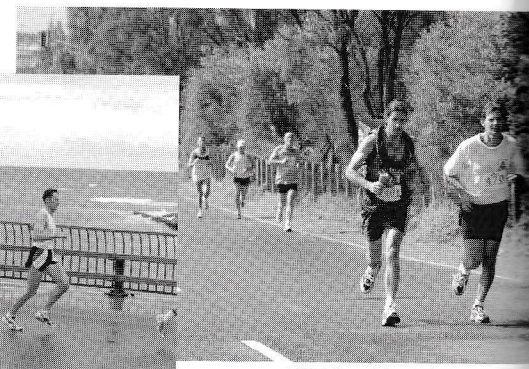
Spiderman aka Paul Beale



Helpers at the drink station



Patterson River Bridge



VB Man Alastair Maher



Runners check their time half way



Peak hour in the rain

## MUSINGS ON TIME – ASICS MELBOURNE MARATHON 2002

The marathon is all about time. Time runs through all aspects of the marathon, and not just in the most obvious,

"How bloody long is it going to take me this year?" Marathons get you thinking about time.

**Thinking about time past.** My first attempt at the Melbourne marathon in 1984. The marathon was huge back then. We'd sat in our lounge rooms and watched Deek tear up the World Championship course only a few months earlier. Champions make things look easy. Later I would run the same training courses that Deek had run and wonder how a bloke could run on near-vertical trails that I could barely walk.

Another ten years or so passes and I find myself at the recovery area after finishing the 2002 marathon chatting to a smiling Rob de Castella. "A lot of people are here because of you" I say. It is hard to explain what I mean. It is the time thing again. Here we are, many with hairlines receding or greying, with mortgages, wives and kids putting ourselves through a ritualistic mortification of the flesh because some bloke made it look so easy twenty-odd years ago.

**Thinking about a lifetime.** My dear old coach George Thomas – dead at 42. Helping me reach my fastest finishing times. Mortality and time. That's me next birthday – 42.

**Thinking about relative time.** The gliding quickness of the first few marathon kilometres and how gradually the time turns slow-motion. Remembering the long, long straight stretch of road through Brighton's Golden Mile, Going past slowly. Creeping past like a dream where you can't get to where you want to go.

**Thinking about male and female times.** These days I'm running similar times to some of the faster women. I'm surprised and pleasantly uplifted by the warmth and encouragement given to the women runners by spectators lining the course. Appreciating perhaps for the first time the strength and courage of the women athletes as the leading female runner overtakes and moves away from me late in the race.

**Thinking about the importance we place on time.** How neurotic we are about losing or gaining seconds in the first few kilometres and how those seconds become more and more irrelevant the further you go, until all you're thinking is, "How much bloody further?" The marathon as life, eh?

**Thinking about good times.** Seeing so many old acquaintances, friends and family running or cheering from the sidelines. Your life spread out before you eyes. More people turned up here than to my 40<sup>th</sup> birthday. Oh well, they're both celebrations I guess. An old fart still going strong!

**Thinking about preserving time.** Years ago all that mattered to me was the finishing time. Fast time - happy; slow time – miserable. Now I tend to want to preserve the memories, those fragments of time. In the 2002 marathon I've grabbed photos, autographs, and framed the finisher's medal.

The well-known running identity Chris Wardlaw was spotted wearing a t-shirt with the words "The older I get, the better I was." Those preserved fragments might just help me prove that right – some time in the future.

(Don Nicholson finished 30<sup>th</sup> in a time of 2:49:37)