



© Supersport Images 2004



asics

Melbourne Marathon

2004



© Supersport Images 2004

Results



© Supersport Images 2004

Asics Melbourne Marathon

Coming Events

Event Directors

Women's Classic

Melbourne at Federation Square 27 February 2005
5k & 10k

Sydney at Sydney Olympic Park 26 June 2005
5k & 10k

Melbourne's Mini Marathon for Men

At Federation Square 27 February 2005

The Good Friday Run/Walk

Melbourne 25 March 2005 4k & 8k
(100% of all proceeds to the Royal Children's Hospital Good Friday Appeal)

The Official Asics Melbourne Marathon Warm-up Run

Half on the Park 7 August 2005
5K, 10K, 15K & 21.1K

Asics Melbourne Marathon 2005

Frankston to Melbourne 9 October 2005
42.2K, 21.1K, 10.9K and Team Relay



Check out your photos at www.supersportimages.com



Dianne Keely & Joe Murphy

Congratulations to the 6100 runners who participated in this year's 27th annual Asics Melbourne Marathon. The number of participants was the largest since the record-breaking year of 1982.

A very special thanks to our large team of volunteers. More than 850 people, in their bright orange Asics Melbourne Marathon shirts, were on course contributing their enthusiasm, skill and time to ensure the enjoyment and safety of the participants.

The true success of the Asics Melbourne Marathon since 2000 is reflected in the community support that the event receives now. Whilst the number of participants has increased by more than 100% since 2000, the number of our volunteers has increased by more than 400%.

We see the Asics Melbourne Marathon as a major Victorian community event which donates substantial funding back to grass roots athletic clubs, and service clubs such as Lions, schools, scouting groups and charities.

Our thanks and congratulations go to our naming rights sponsor Asics Oceania. The continued support from Asics is essential. Thanks goes to our support partners – City of Melbourne, Parks Victoria, Radio 3AW, Carlton Non Alcoholic Beverages (Torquay), Seiko, Robert Lane Honda, Carlton Crest Hotel, Trainstation Health Club, Mix 101.1, La Manna Fruits, BMW Motorcycles Australia, Parks Victoria, Sunday Herald Sun, RSEA, Murphy Car & Truck Rentals, CBD Cycles, PB Sports Nutrition and Athletics Victoria.

The event raised much needed funds and awareness for our prime charity the Royal Children's Hospital Good Friday Appeal as well as our associated charities including Camp Quality, Mental Illness Fellowship, Sacred Heart Mission St Kilda and Eye Research Australia.

We congratulate Magnus Michelsson on becoming only the second Australian to win consecutive Asics Melbourne Marathons. On an unseasonably hot Melbourne day Magnus defied all comers to win again in 2:26:51. Our congratulations to first female, Billinda Shipp from New South Wales, who ran 2:54:01. Both Magnus and Billinda win a trip to a New York marathon courtesy of Asics Oceania.

Our sincere thanks and congratulations to the Event Wizard management team of Robyn Pretty, Val Woolston, Simon Gullery and Carrie Fletcher.

When you are deciding which marathon to run in 2005 – how can you go past the event with the friendliest volunteers, the thousand's of local residents who line the streets all the way from Frankston to Melbourne and the one which is staged in the home of the 2006 Commonwealth Games – Asics Melbourne Marathon.

We will see you and your family and friends at the 28th Asics Melbourne Marathon, as always, on the second Sunday in October.

Asics Melbourne Marathon Sponsor's Message



Anima Sana in Corpore Sano

11 October, 2004

To Everyone Involved with the Asics Melbourne Marathon:

To all the competitors, my admiration and congratulations to each and every one of you. It could not have been easy trying to achieve your personal best on a day as unusually warm as our race day this year. In particular, I would like to commend Asics ambassador Magnus Michelsson on not only his back to back win in the men's marathon but also the fact that he did so after competing in the World Half Marathon Championships only a week earlier!

Once again, a big thank you goes to Robert de Castella, former marathon world record holder and now Patron of the Asics Melbourne Marathon, for your invaluable support of this event and the Asics brand. Your involvement adds prestige to the Asics Melbourne Marathon that no other race can emulate.

My thanks also go out to 53.6% of the first 1,000 finishers who chose to wear our shoes in the marathon this year. You can be rest assured that we will continue to build shoes that will maximise your performance every time you put them on.

Last but not least, I would like to thank Event Wizard for putting on another successful race day. Let's take the race to the next level in 2005.

I look forward to seeing all of you again next year for the biggest ever (I hope, anyway) Asics Melbourne Marathon!

Yours Sincerely,

A handwritten signature in black ink that reads "Tadashi Inoue".

Tadashi INOUE,
Managing Director

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

P.O. Box 6327, Blacktown NSW 2148, Australia

10 Stanton Road, Seven Hills NSW 2147, Australia, Telephone: (02) 9853 2300 Facsimile: (02) 9624 8630

Asics Melbourne Marathon Results

Hall of Fame

MALE					FEMALE				
1978	Bill Scott	Australia	2:21:04	1978	Elizabeth Hasell	Australia	2:53:38		
1979	Andrew Lloyd	Australia	2:26:44	1979	Jane Kurchins	Australia	3:12:35		
1980	Andrew Lloyd	Australia	2:17:37	1980	Rosemary Longstaff	Australia	2:46:15		
1981	Andrew Lloyd	Australia	2:19:03	1981	Jackie Turney	Australia	2:42:12		
1982	Bill Rodgers	USA	2:11:08	1982	Sue King	USA	2:37:57		
1983	Juma Ikangaa	Tanzania	2:13:50	1983	Rhonda Mallinder	Australia	2:37:56		
1984	Juma Ikangaa	Tanzania	2:15:31	1984	Margaret Redan	Australia	2:43:40		
1985	Fred VanDerVennet	Belgium	2:12:35	1985	Margaret Redan	Australia	2:44:56		
1986	Richard Umberg	Switzerland	2:17:21	1986	Tani Ruckle	Australia	2:36:06		
1987	Ric Sayre	USA	2:14:16	1987	Jackie Turney	Australia	2:44:18		
1988	Tommy Hughes	Ireland	2:18:14	1988	Coral Farr	Australia	2:47:38		
1989	Takeshi So	Japan	2:18:13	1989	Colleen Stephens	Australia	2:49:18		
1990	Russell Foley	Australia	2:20:35	1990	Alevtina Chasova	Russia	2:39:00		
1991	Victor Muzgovoi	Russia	2:17:02	1991	Irina Petrova	Russia	2:39:57		
1992	Slawomir Gurney	Poland	2:16:04	1992	Alena Peterkova	Czech	2:33:02		
1993	Jerry Modiga	South Africa	2:15:07	1993	Dominique Rembert	France	2:44:22		
1994	Manabu Kawagoe	Japan	2:19:02	1994	Winnie Ng	Hong Kong	2:47:37		
1995	Osamu Monoe	Japan	2:17:19	1995	Lyn Clayton	Australia	2:38:50		
1996	Zerihun Gizaw	Ethiopia	2:22:40	1996	Sylvia Rose	Australia	2:41:53		
1997	Grey Lyons	Australia	2:15:49	1997	Tracey Newton	Australia	2:48:32		
1998	Daniel Radebe	South Africa	2:12:48	1998	Sherryn Rhodes	Australia	2:37:56		
1999	Michael McIntyre	Australia	2:25:04	1999	Susan Hobson	Australia	2:33:27		
2000	Jamie Harrison	Australia	2:25:53	2000	Nellie Marmy-Conus	Australia	2:49:22		
2001	Todd Ingraham	Australia	2:23:58	2001	Samantha Hughes	Australia	2:39:44		
2002	Phillip Sly	Australia	2:22:28	2002	Sherryn Rhodes	Australia	2:47:08		
2003	Magnus Michelsson	Australia	2:14:00	2003	Loretta McGrath	Australia	2:49:02		
2004	Magnus Michelsson	Australia	2:26:51	2004	Billinda Schipp	Australia	2:54:01		

Asics Melbourne Marathon Best Times

1	Bill Rodgers	USA	1982	2:11:08
2	Fred Vandervennet	Belgium	1984	2:12:35
3	Daniel Radebe	RSA	1998	2:12:47
4	Grenville Wood	AUST	1982	2:12:50
5	Juma Ikangaa	TANZANIA	1983	2:13:50
6	Jeff Coole	AUST	1982	2:13:57
7	Magnus Michelsson	AUST	2003	2:14:00
8	Rick Sayre	USA	1987	2:14:16

2004 Winners

Winner	Magnus Michelsson	2:26:51
1st Female	Billinda Schipp	2:54:01
2nd Male	John Meagher	2:29:12
2nd Female	Lee-Ann Turner	2:54:29
3rd Male	Saeki Tsutomu	2:29:12
3rd Female	Hifumi Fukuyasu	2:54:37
1st Wheelchair	Brett McArthur	2:04:35
2nd Wheelchair	William Tan	2:20:23
3rd Wheelchair	Ian Rohde	2:45:57
4th Wheelchair	Ian Gainey	3:07:59

TOP TEN

MALE					FEMALE				
1	Magnus Michelsson		2:26:51	1	Billinda Schipp		2:54:01		
2	John Meagher		2:29:12	2	Lee-Ann Turner		2:54:29		
3	Saeki Tsutomu		2:29:12	3	Hifumi Fukuyasu		2:54:37		
4	Rowan Walker		2:29:26	4	Heather Carson		3:01:31		
5	Justin Wilson		2:32:19	5	Alison Bowmaker		3:05:10		
6	Michael McIntyre		2:37:18	6	Sandra Prosenica		3:06:39		
7	Grant Morgan		2:39:09	7	Dianne Aitken		3:10:13		
8	David Galea		2:40:33	8	Kristen Wyatt		3:12:34		
9	Blair Morris		2:43:42	9	Sandy Allan		3:12:38		
10	Geoff Moulday		2:43:56	10	Jenny Smith		3:13:39		

Asics Melbourne Marathon Results

AGE GROUP RESULTS

Male

18-19	Chris Jensen	3:00:32
20-24	Karsten Forsterling	2:55:52
25-29	Saeki Tsutomu	2:29:12
30-34	Rowan Walker	2:29:26
35-39	Magnus Michelsson	2:26:51
40-44	John Meagher	2:29:12
45-49	Michael McIntyre	2:37:18
50-54	Robert Gray	2:55:31
55-59	Des Minogue	3:01:45
60-64	Clive Henderson	3:02:34
65-69	Juan Perez	4:10:03
70-74	Colin Silcock-Delaney	4:58:47
75-79	Antony Martin	5:00:11
80+ & Oldest	Ken Matchett	6:09:10

Female

18-19	Cyndi Nunn	4:25:36
20-24	Alison Bowmaker	3:05:10
25-29	Heather Carson	3:01:31
30-34	Billinda Schipp	2:54:01
35-39	Lee-Ann Turner	2:54:29
40-44	Sandy Allan	3:12:38
45-49	Dianne Aitken	3:10:13
50-54	Geraldine Robinson	3:25:12
55-59	Wanda Kelly	3:50:16
60-64	Mayumi Aihara	4:39:17
70-74 & Oldest	Shirley Young	4:28:44

RELAY TEAM RESULTS

CORPORATE MALE TEAM

- 1 TEAM WHITTLESEA 3:25:53
Nick Coluccio, Peter Ali, Ben Harries, Remo Iannella, Spiros Sklaftonros, Kimberly O'Connor
- 2 THE NABBERS 4:02:14
Cartha McKerrow, Tony Quinn, Glenn Akers
- 3 RATIO ROCKETS 4:38:05
Clinton Fisher, Brad George, Scott Anderson, Daniel Soussan, Andrew Macleod, Josephine Lanham

CORPORATE MIXED TEAM

- 1 MARA COOMA 3:40:22
Betty Sawczuk, Rob Milner, Tess Maddocks, Peter Mirams, Mark Brennan, Tim Phillips
- 2 FIGHTING FIT 3:44:33
David Meade, Bethany Lancaster, Dean How, Kate Sanderson, Phillip Elliott, Shane Heagney
- 3 BRYCIE'S BEAUTIES 3:50:25
Peter Whitehead, Rowan Howarth, Alexandra Matthews, Clayton Tinley, Graeme Bryce, Melanie Finlay
- 4 ROSCO'S RASCALS 4:03:57
Michelle Cronin, Dean Gerdson, Suzie Montoya, Craig Myers, Ross Sudano, Suzi Stojcevska
- 5 ANZ BREAKOUT 4:48:02
Trina Hunt, Julia Swain, Romarna Dichiera, Marcio Oliveira Da Silveir, Susana Gouveia, Gemma Arnold

SCHOOL MALE TEAM

- 1 SBC ALLCOMERS 2:40:00
Gerard Large, Mitchel Brown, Tom Kelly, Michael Marantelli, Owen McIntyre, Christopher Mullins

SCHOOL MIXED TEAM

- 1 ST MARY'S COLLEGE 3:33:21
Jarrod Watts, Clare Wilson, Jana Zulic, Chris Stubbs, Jacob Rippon, Claire Marika Deery

RELAY TEAM RESULTS

SOCIAL FEMALE TEAM

- 1 TEAM TURNEY 2:47:45
Melina Bernecker, Iona Halliday, Clair Fearnley, Laura Campbell, Julie-Ann Davies, Karen Natoli
- 2 MIGHTY MARATHON MUMS 3:21:22
Lisa Holmes, Liz Miller, Ann Lloyd, Kath Hack

SOCIAL MIXED TEAM

- 1 THE BOLD & THE BEAUTIFUL 3:29:49
Carolyn Lipscomb, Kylie Strong, John Lipscomb
- 2 RODNEY'S ROCKETS 3:38:34
Maureen Grant, Philip Stewart, Peter Mcneill, Peter Gorman, Julie Lawson, John Higgins
- 3 THE BALD & THE BEAUTIFUL 3:44:05
Julie Azzopardi, Frank Mathey, David Dickens, Carolyn Pavia
- 4 STEP INTO LIFE ELTHAM 4:34:00
John Randall, Antoniette Rendina, Rosalie Howden, Mary Walker, Robyn Loorham

TEAM RESULTS

Mother & Daughter

1. THE TRANSTASMAN TWINS 3:19:01 4:06:19 = 7:25:20
SARAH MCKINNEY, SUE MCKINNEY

Female Veterans (40+)

1. VENE VICE VISA 3:25:05 3:45:17 3:54:50 = 11:05:12
DEBBIE PAUNA-REECE, ROSLYN CUNNINGHAM, JAN LYNCH

Female Social Team

1. KNOX ROADRUNNERS A 4:04:07 4:05:45 4:26:05 = 12:35:57
KATHY SOUTER, DENISE HEARN, KIM LUDINGTON

Male Social Team

1. BALLARAT TANN CLAN 2:57:56 3:08:37 3:20:21 = 9:26:54
PETER FITZGERALD, SCOTT PHILLIPS, DAMIAN BLOMELEY

Father & Son

1. SYMONS 3:53:10 4:17:19 = 8:10:29
MARK SYMONS, GEORGE SYMONS

Brothers

1. KANIZAY BROTHERS 3:08:40 3:13:44 = 6:22:24
JARROD KANIZAY, MICHAEL KANIZAY

Male Veterans (40+)

1. GEELONG GRUNTERS 3:05:55 3:15:52 3:40:09 = 10:01:56
GRAHAM MCINTOSH, KEVIN MCNULTY, PHIL SHAY

Corporate/ Work

1. NORTHCOTE BIG GUNS 3:14:07 3:34:26 3:44:18 = 10:32:51
ASHLEY BARTHOLOMEW, AIDAN RICH, JONATHON PRICE

Charity

1. EYE RESEARCH AUSTRALIA 3:01:45 3:45:22 3:47:08 = 10:34:15
DES MINOGUE, PHIL CUTHBERT, ADRIAN TRIGT

Husband & Wife

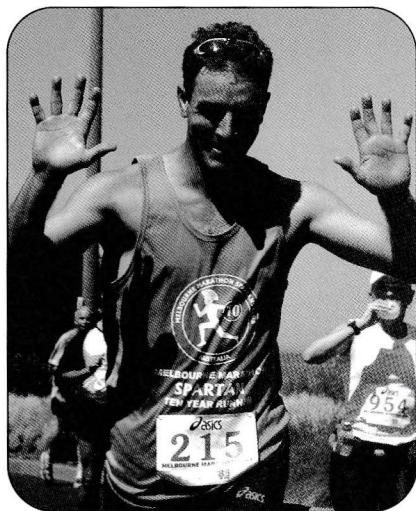
1. TRIPLE J 3:19:25 3:51:17 = 7:10:42
NOEL EASTWOOD, ELIZABETH EASTWOOD

Social Team

1. DO IT 4:01:27 4:24:19 4:45:18 = 13:11:04
MAUREEN WILSON, KATIE RICHARDSON, NATHAN JONES

Asics Melbourne Marathon Race Commentary

Andrew Startin



The Marathon is without doubt one of the greatest challenges presented to a runner. Hours of training required to even get to the starting line in a condition ready to compete in the gruelling run.

This year was my 10th consecutive Melbourne Marathon, a goal I set as a 17 year old doing my final year of secondary school.

A keen runner already, it was my English teacher, a 7 year Melbourne Marathon veteran, who urged me to give it a go. I made the commitment to do 10 after hearing about this Spartan's club. With a surname of Startin, I thought, "Startin the Spartan" had a certain ring to it!

As you all know, conditions need to be going for you in order to put in a good time. Unfortunately on the day, an unusually hot second Sunday in October made for a tough day at the office. I had not done nearly enough training to cope with such a day, added to this a chest infection I picked up just 10 days out from the run, I knew on the start line I was in for a torrid morning.

Running for the Royal Children's Hospital, I was aiming for a PB of 3:28:56 so Asics would sponsor the \$5,000 they were prepared to give to this worthy institute if I could produce a better time. I went through half way of the run in a good time, smack bang on target for a PB, but I knew in the back of my mid that a lack of training, along with the chest infection, and the hot weather starting to kick in, that I was in a bit of trouble.

Having already completed 9 Melbourne Marathons, I thought I was well prepared for anything on this day, I was so certain my mind would get me through any problems that arose during the run. I can honestly say it was the toughest of all my marathons, and at the 33km mark I had serious thoughts about pulling out. Mind you, I had family and friends waiting at the finish line to cheer me over the line in my 10th Melbourne Marathon, so pulling out was not an option. Every year my cousin Stuart gives me a bottle of lift from the BP at the 36km mark, boy was I glad to see him. It was just the sugar hit I needed and I shuffled my way along for the next few kms.

At 40km, I was exhausted, but with the finish line in sight, I was home. Tears ran down my face with 500m to go, a ten year dream was about to be fulfilled. I will never lose the memory of seeing my friends lined up to cheer me on.

Unfortunately my Mum missed the finish, busy trying to find a park in all the marathon mayhem. As I crossed the line, the body told me in no uncertain terms it had had enough. An uncontrollable vomiting fit was not an ideal finish to my 10th Marathon, and a less than impressive 4:13:52 was disappointing to say the least, but as all runners who complete the marathon know, it is the most emotional release you can ever experience.

Raising money for the Royal Children's Hospital was a wonderful experience, it is only a small part that I played but saving lives of our young is a part that is very, very big, and I am privileged to have my name associated with the Royal Children's Hospital. I can't say that I will see you all on the start line next year, I no doubt will for those doing the half marathon. My next goal? 10 half marathons in a row!

Finish Time 4:13:56 Place 880

The winner of the Emily Cook Award for raising sponsorship money for the Royal Children's Hospital Good Friday Appeal was Stephen Amiet who raised \$737. Stephen ran the Asics Melbourne Marathon in a time of 4:10:24.

Don Nicholson

Losing my Religion

(Finding spirit and soul at the ASICS Melbourne Marathon)

The 2004 ASICS Melbourne Marathon started on a cloudless spring morning. The temperature was cool. The brilliant blue sky reflected in the calm blueness of the bay; that is, if the competitors cared to take a peek out across to the seaside vistas that regularly open up along the famous bayside course. It was one of those mornings that seemed perfect for running fast.

As the field began to stretch out in those early first few minutes you got the feeling that it could be, yes, a perfect day. One of those days where you sense that there's the

potential for "runners high". A day where you feel so good that you keep going faster and further, never tiring, just feeling better.

In the first few early minutes of the race, in the cool of early morning, the spirit of the race was shining gold and silver! You could breath in the smell of possibility and the spirit of competition! We all felt it. Dreams could be realised on a day like this!

There is optimism and resolve. Many are running to raise money for the marathon charities in both the marathon and half marathon. Tim Dormon running for Camp Quality and Jay Mueller representing the Mental Illness Fellowship are

Asics Melbourne Marathon Race Commentary

Don Nicholson



debut marathoners and reckon they can get by on some expert advice from race patron Rob De Castella, some long training runs, footy training and aerobics classes! Will they make the 42.2k's? No worries mate!

Andrew Startin, running for the Royal Children's Hospital Good Friday Appeal, has marathon experience but has concentrated his training on football. Still he has nine Melbourne marathons under his belt so, of course, reckons a PB could be on the cards.

TV and radio personality Des Dowling, running for Sacred Heart Mission St Kilda, and Sandy Hearn, running for Eye Research Australia, want half marathon PB's.

When we speak here about spirit, we use the word like a crazy old Beat poet. Like Jack Kerouac we're On the Road! Eccentric psychologist James Hillman sees spirit not as a thing, but as a way of perceiving. Hillman reckons spirit lives in the peaks, the "highs", and is ablaze with light. Spirit is fast and quickens what it touches. It makes our pulses race! It excites us and inspires prose with exclamation marks! It is an arrow – straight and knife-sharp. It urges us to climb the mountain, to feel the coolness of altitude, to leave behind our fellow travellers and journey upward, to commit heroic deeds or die trying.

As Rod De Highden and Magnus Michelsson took the lead in the first few kilometres there was spirit, competitive spirit certainly, and the urge to leave the rest of the field far behind. Those of us not in the lead group also suck in spirit, wanting to feel light and airy so that the kilometres just float by. Wanting to be sharp, unflinching, honed for action. We want to feel refreshed, cool and comfortable, ready to climb the mountain.

All distance runners secretly wonder quietly whether the heavens will smile on us and grant a day where we run and feel no pain. Like a punter with his wager on a high-odds roughy, we nervously yearn for just one of those rare special days. Where you feel so good that you keep going faster and further, never tiring, just feeling better.

After an hour or so into the marathon spirit declines. Rod De Highden, having made the pace for Magnus, pulls out looking uncomfortably warm, his job completed. Magnus

takes up the running with Saeki Tsutomu and the real work begins. They turn off the highway at Mordialloc and begin the tough part of the course all the way through to Brighton. Now we enter soul's territory.

Soul lives in warm, languid places. In soul territory we've descended from the mountain into the valley; we're no longer on a "high". Like Icarus ascending and coming to grief from the warmth of sun's rays, so the October sun began to melt the wings of those that flew too high, that went out too fast.

Soul floods us with warmth of all varieties. For instance, we may feel a new regard for the many volunteers, realising, as the going gets tougher, that their encouragement and support is crucial to us continuing. Soul territory emphasises connectedness. Although we still want to do our best, we start to appreciate the shelter and support of the pack. We may even encourage others around us – it's a long way to go and a hard task to do it alone. We look out for family members, hoping for a cheer.

Little by little soul envelops us in the urge to slow, to move like lazy, tropical lizards, to lie down. In soul territory we encounter the ordinary. At around 32 kilometres many realise their limitations. Dream goals are revised or abandoned. Many just hope now to finish. The long, straight, ordinary flatness of Brighton's Golden Mile is perhaps the toughest section of the course. Magnus is feeling the heat and is slowing. Saeki Tsutomu up to this point looked comfortable, but now drops away. His dreams of victory are gone.

James Hillman associates soul with salt. In soul's realm we experience the bitter taste in our mouths – of fatigue, disappointment and pain. Salt gives each of us a sense of the personal – salt in tears, sweat and blood. The help we receive from others is doubly appreciated – they become the "salt of the earth".

It is here we sometimes mourn and curse. Sometimes we don't want to acknowledge our limitations. We question. "Why have the race in October? Why did I have to wait for drinks? Why don't they make it an easier course? Why? Because it's the soul of Melbourne and its marathon. The fluky weather, the wind off the Bay, the October humidity, and the journey from Frankston all give the Melbourne Marathon its character and forms its soul spaces.

Like a welcome cool change for those that make it through to Elwood, there is a hint of relief. The sniff of spirit can again just be distinguished from the lattés and the sweetness of electrolyte replacement products. We speak about teams getting a sniff of victory, of winning glory; this is the essence that pervades the air as competitors pass the St Kilda marina and head towards the Esplanade. Magnus, though now clocking over a minute per kilometre slower than his early pace, has the aura of a winner.

continued over page

Asics Melbourne Marathon Race Commentary

Don Nicholson

Spirit grows stronger the closer one gets to the finish. There is a sense that a mighty achievement is possible no matter the disappointment after a humbling brush with soul. The competitive spirit rises up. Saeki Tsutomu and John Meagher stage a fight to the death for second place like the last two samurai left on a medieval battleground, sprinting in agony the final few metres of the race.

The runners doing it for charity have also braved the heat. The half marathoners have come away the least unscathed with Des Dowling comfortably finishing under his two hour goal and Sandy Hearn only three minutes off her PB. The marathoners have clearly had their brush with soul space, with Tim Dormon, Andrew Startin and Jay Mueller all finishing between 4:13 and 4:24 – a long time to be out in the heat. Still they have climbed their peak and completed the marathon course.

To finish the marathon is a spiritual experience. Many of us surprise ourselves with tenacity and willpower we never thought possible. There is also the sense that we could have so easily have had to relinquish ourselves to soul, to defeat, or disappointment. The marathon helps us “lose our religion”, our dogmatic certainties, our jaunty self-confidence. Paradoxically it leaves us knowing ourselves better having experienced the peaks of spirit and the valleys of soul.

© Don Nicholson – A five-time Melbourne Marathon competitor who this year pleaded middle age menopause and saw it all from the sanctuary of the lead car!

For a different take on the meanings of spirit and soul, check out James Hillman, ReVisioning Psychology, HarperPerennial, New York, 1975.

Ian Gainey



Following are my feelings in regards to my now completed 20th Asics Melbourne Marathon, held on the 10th October 2004. This realized a long-term goal, which I set way back in 1980.

From the commencement of my early Sunday morning rising at 5.00 A.M., I made sure I had a very healthy breakfast and plenty of fluid. I then I proceeded to South Melbourne to pick up my

support team, Mr David Biggs, who then drove me to the marathon starting point at the one mile bridge in Frankston.

At 7.30 A.M. I was in relaxation mode preparing myself mentally and physically for the 42K journey to Albert Park.

Nervously I then moved to get into my racing wheelchair and with plenty of stretching and encouragement from David I pushed off to get a good warm up and get the juices flowing. Before long it was 7.55 A.M., only 3 minutes before the (wheelchair athletes) race commencement time.

At the marathon starting line there were four wheelchair athletes - Ian Rhode, Willie Tan, Brett McArthur and myself. I felt quite good at the time however upon the start I faced an unexpected head wind and a lot warmer conditions than in 2003. My body started to feel lethargic and I was in real struggle mode on my own because all the other (3 younger) athletes had left me for good and I was doing it hard on my own.

At the 10 K mark I was 3 minutes slower than last year and by the time I got to the 21K half way mark my time was 6 minutes slower than last year. It was going to be a massive effort to get to Albert Park. At the 30 k mark I had to stop to take in some lollies via some glucose snakes to build up my energy and then the wind dropped a tad and I enjoyed the 30 K - 40 K mark.

I crossed the line in 3 hours and 4 minutes some 37 minutes slower than last year. However with a surprise support team consisting of twelve adults and one child awaiting me at the finish line at Albert Park my physical and mental shape was changed from disappointing one to a form of happiness/achievement and life changed a hell of a lot. I also focused on my next goal of competing in another marathon in Oita, Japan on the 31st October.

I have since come back from competing in the Oita marathon. It was completed in pouring rain in a minimal better time of 2 hours 56 minutes.

I am quoted as saying “I think this will be my last Melbourne Marathon. At fifty-two I feel the body’s messages to slow down, though I reckon I’m in good shape”. I do have further expectations of myself in a most positive frame of mood whether its a Half Marathon in Melbourne next year or who knows what but be sure life will be enjoyed and will consist of being happy and full of doing the things that I enjoy such as being with family and friends, going out also exercising and eating healthy food.

Finish Time 3:07:59

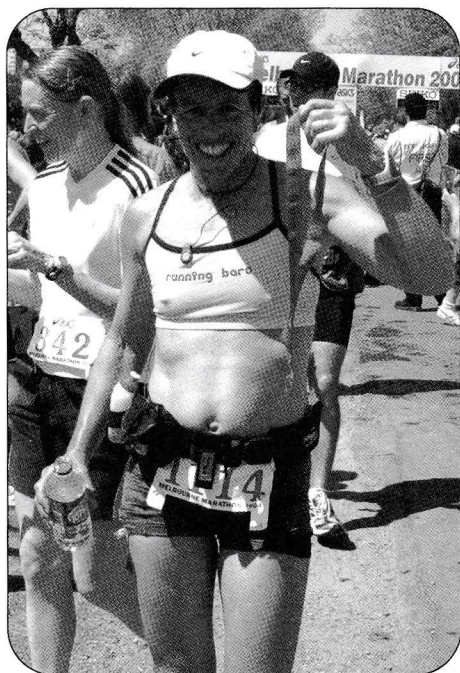
4th Wheelchair finisher

Asics Melbourne Marathon

Race Commentary

Julia Thorn

My experience of Asics Melbourne Marathon



Summer arrived with a vengeance on marathon day. Perfect skies, little breeze, and lots of sunshine. Beautiful weather, but maybe not so good for runners. After months of training in the cold and the rain, heat was not exactly what we were acclimatized to. Talking to marathon visitors from Tasmania, I gathered that this was not the weather they had been training in either.

Melbourne weather is fickle, and we are proud of that. It's changeable. It's unpredictable. And above all it's unreliable. I've run this marathon four times and in four consecutive years we have had a tailwind along the Nepean Highway and Beach Road, a headwind along the Nepean Highway and Beach Road, freezing rain on the start line, and this year unseasonable warmth on the start line.

This year's marathon is littered with stories of runners who suffered in the high temperatures. Some worse than others. Severe dehydration. Good runners recording a rare DNF. Discomfort and suffering reducing able runners to a slow walk.

The effects of the heat can be quite insidious. Personally I ran fine as far as Brighton, and then suddenly the battle began. The brain yelled "STOP!" I did a body check: no pain. I simply felt very low on energy and could not maintain any reasonable pace. The power was turned off. A sure sign of dehydration. I had been drinking at every aid station but obviously not enough.

I was not alone. By South Road, Brighton I caught up with several runners who were reduced to a walk. This seemed to be much earlier on in the piece than in previous years. There were more and more walkers as I continued along the way.

Most runners I chatted with at the finish had achieved a slower finishing time than anticipated. I was slower than I hoped by fifteen to twenty minutes. It's always a little disappointing to fail to meet a time goal. But the harder days make for the better stories. Memories. The marathon is meant to be a challenge, after all. It's an endurance test. As a friend and marathon runner, who had decided to spectate from a Brighton corner this year, said to me as I laboured

past: "You have to start and to finish. What comes in between doesn't matter." Thank you for those words. Even though I have run a heap of marathons, and should be experienced enough at the discomfort that the activity entails, those words uttered as I fought my demons put it all into perspective.

But negative sentiment about the weather aside, marathon runners of fortitude could appreciate what a marvellous day this was. The sea was dazzlingly blue, and dotted with sails. There was very little wind so the water was calm. It looked so inviting. The beaches weren't yet busy but they would be by lunch time for sure.

Along this delightful coastal route there are three patches that I always look forward to, for the standout scenery.

Running through Mordialloc is a highlight. With the road right by the water, and the hills of Ricketts Point yet to come. Marathoners are over their initial worries and settling into the race. We're warmed up. But not yet fatigued. A little conversation starts between strangers. A few jokes are swapped. Mind you, none of these are very funny, yet we laugh heartily.

The long golden beaches reaching to Beaumaris are there on the horizon. There are spectators. My running club, South Melbourne, had a drinks table along this stretch so I was cheered on as I trotted past. Such a buzz that I recorded my fastest kilometre of the day. I was on a mental high which was to last until Brighton.

The next coastal delight comes in Brighton, with the run alongside the railway line from Hampton surf club to Milanos. This stretch is always subject to the vagaries of the weather and can be brutal in a headwind, but this year wind was not an issue. The road follows the ridge line with unimpeded sea views.

And then there's the Beaconsfield Parade stretch, where the finish is tantalisingly just out of sight. But the Spirit of Tasmania is usually in dock at Station Pier just down the road, and every year the palm fringed footpath, with beach beyond, has crowds watching the race unfold, rollerblading and walking out for brunch.

Running along Kerferd Road towards the finish was another highlight this year. I got a second wind along here. Strange to get a second wind so late on, but it was very welcome. I picked up the pace and managed a strong finish. In 2003 I had found those tunnels under Pit Straight in Albert Park a bit of a drag – hard to adjust to running downhill after all that time on the flat, and even harder to make the effort to climb out of the tunnel; little dips took on the feel of a major ordeal. This year I swooped down and raced up again, and that was it! The finish, for another year.

© Julia Thorn.

Finish Time 3:52:56 Place 576

Asics Melbourne Marathon Results

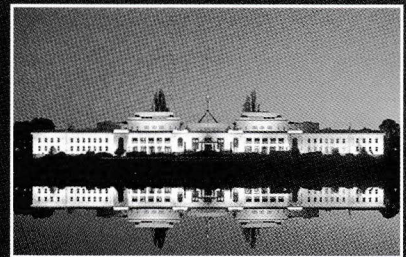
Pos	Name	Time	Gender/Place	Age/Place	Pos	Name	Time	Gender/Place	Age/Place	
Wheelchair										
1	BRETT MCARTHUR	2:04:35			79	STEPHEN NATOLI	3:06:48	M	73 25-29	
2	WILLIAM TAN	2:20:23			80	KAZUYA NAKATANI	3:06:55	M	74 35-39	
3	IAN ROHDE	2:45:57			81	ROB WEIGALL	3:07:18	M	75 20-24	
4	IAN GAINEY	3:07:59			82	ANDREW WHITE	3:07:53	M	76 35-39	
Marathon										
1	MAGNUS MICHELSSON	2:26:51	M	1 35-39	1	73	25-29	9		
2	JOHN MEAGHER	2:29:12	M	2 40-44	1	88	35-39	17		
3	SAEKI TSUTOMU	2:29:12	M	3 25-29	1	89	PETER ANTONIE	3:08:44	M	83 45-49
4	ROWAN WALKER	2:29:26	M	4 30-34	1	90	TORY TREWHITT	3:09:27	M	84 30-34
5	JUSTIN WILSON	2:32:19	M	5 35-39	2	91	GRAEME ANDREWS	3:09:32	M	85 40-44
6	MICHAEL MCINTYRE	2:37:18	M	6 45-49	1	92	ADAM CLARK	3:09:38	M	86 30-34
7	GRANT MORGAN	2:39:09	M	7 30-34	2	93	TIMOTHY WRIGHT	3:09:40	M	87 25-29
8	DAVID GALEA	2:40:33	M	8 35-39	3	94	DARREN HOSE	3:09:40	M	88 30-34
9	BLAIR MORRIS	2:43:42	M	9 35-39	4	95	SEAMUS MCGOWAN	3:10:13	M	89 30-34
10	GEOFF MOULDAY	2:43:56	M	10 40-44	2	96	DIANNE AITKEN	3:10:13	F	7 45-49
11	PHILIP CHAMPION	2:46:39	M	11 40-44	3	97	MARTIN JACKSON	3:10:46	M	90 35-39
12	CHEHALIS KINGAID	2:47:16	M	12 30-34	3	98	JOHNNY MAHER	3:10:53	M	91 35-39
13	ADAM ZUR EICH	2:47:18	M	13 30-34	4	99	JAMES LEVISTON	3:11:08	M	92 35-39
14	PAUL GARBETT	2:49:18	M	14 45-49	2	100	ALEX CHUDLEY-DAVIES	3:11:14	M	93 35-39
15	TRISTAN BOYLE	2:51:10	M	15 30-34	5	101	DARREN PITHIE	3:11:26	M	94 35-39
16	PETER HUNT	2:51:47	M	16 45-49	3	102	ADAM DEACON	3:11:35	M	95 30-34
17	PHILIP GREEN	2:52:09	M	17 35-39	5	103	JEFF POWELL	3:11:36	M	96 40-44
18	MARCUS GODINHO	2:53:08	M	18 30-34	6	104	PAUL NORBURY	3:11:39	M	97 35-39
19	IAN BURTON	2:53:42	M	19 30-34	7	105	MICHAEL ATKINSON	3:11:52	M	98 30-34
20	BILLINDA SCHIPP	2:54:01	F	1 30-34	1	106	JUSTIN MURPHY	3:11:57	M	99 30-34
21	RICKY HAJDUK	2:54:05	M	20 30-34	8	107	DOUGLAS KEWLEY	3:12:05	M	100 50-54
22	FRANK CALLAGHAN	2:54:19	M	21 25-29	2	108	KELVIN MARSHALL	3:12:12	M	101 40-44
23	LEE-ANN TURNER	2:54:29	F	2 35-39	1	109	WARREN GRUNDEN	3:12:17	M	102 30-34
24	HIFUMI FUKUYASU	2:54:37	F	3 35-39	2	110	RHYS COLEMAN	3:12:20	M	103 30-34
25	DARREL CROSS	2:55:18	M	22 35-39	6	111	SIMON KNOWLES	3:12:20	M	104 25-29
26	MARK DONOGHUE	2:55:22	M	23 35-39	7	112	ROB TURNER	3:12:23	M	105 35-39
27	PETER ROBSON	2:55:27	M	24 40-44	4	113	DEAN THOMAS	3:12:27	M	106 25-29
28	ROBERT GRAY	2:55:31	M	25 50-54	1	114	KRISTEN WYATT	3:12:34	F	8 25-29
29	ROYDEN PATTERSON	2:55:40	M	26 25-29	3	115	SANDY ALLAN	3:12:38	F	9 40-44
30	DAMIEN ANGUS	2:55:46	M	27 30-34	9	116	RUSSELL MIGNOT	3:12:49	M	107 40-44
31	KARSTEN FORSTERLING	2:55:52	M	28 20-24	1	117	MATTHEW WEBB	3:12:52	M	108 20-24
32	LIOR ZACH MAOR	2:56:11	M	29 30-34	10	118	CLINTON BAXTER	3:12:59	M	109 30-34
33	ALAN JENKINS	2:56:31	M	30 40-44	5	119	MICHAEL MCCARTHY	3:13:31	M	110 35-39
34	JIM KNIGHTS	2:56:46	M	31 35-39	8	120	ASHLEY FALTING	3:13:36	M	111 35-39
35	JOHN KENT	2:57:02	M	32 30-34	11	121	JENNY SMITH	3:13:39	F	10 35-39
36	ANTHONY FLYNN	2:57:15	M	33 25-29	4	122	MICHAEL KANIZAY	3:13:44	M	112 35-39
37	PETER FITZGERALD	2:57:56	M	34 45-49	4	123	CRAIG AMBLER	3:14:00	M	113 35-39
38	JEFF RUDD	2:57:56	M	35 45-49	5	124	TIM MCDONALD	3:14:06	M	114 45-49
39	PHILIP MILLER	2:57:59	M	36 30-34	12	125	ASHLEY BARTHOLOMEW	3:14:07	M	115 40-44
40	GERRY ARTHUR	2:58:03	M	37 30-34	13	126	MARK BARTHOLOMEWSZ	3:14:22	M	116 40-44
41	WILL JAMES	2:58:11	M	38 35-39	9	127	JOHN ZACHARIADIS	3:14:27	M	117 30-34
42	MATHEW BROAD	2:58:15	M	39 25-29	5	128	STUART ELLIOTT	3:14:28	M	118 30-34
43	STEPHEN COGAN	2:58:26	M	40 40-44	6	129	GRAEME SANDERSON	3:14:28	M	119 50-54
44	NICHOLAS BIGNELL	2:58:33	M	41 50-54	2	130	PAUL REICH	3:14:39	M	120 45-49
45	DUNCAN BARTLEY	2:58:49	M	42 35-39	10	131	MARTIN GAMBLE	3:14:55	M	121 35-39
46	PAUL BYRDEN	2:58:54	M	43 35-39	11	132	GEORGE DYER	3:15:18	M	122 40-44
47	JOSEPH PENSON	2:59:23	M	44 25-29	6	133	GARRY NOOY	3:15:21	M	123 35-39
48	CHRIS JENSEN	3:00:32	M	45 18-19	1	134	PETER AHEARN	3:15:29	M	124 40-44
49	DANIEL GURVICH	3:01:15	M	46 30-34	14	135	CHRIS VAN DER STARRE	3:15:35	M	125 30-34
50	STUART JACOBSON	3:01:27	M	47 30-34	15	136	STEVEN WHITE	3:15:50	M	126 40-44
51	ERNIE LIM	3:01:29	M	48 30-34	16	137	KEVIN MCNULTY	3:15:52	M	127 40-44
52	HEATHER CARSON	3:01:31	F	4 25-29	1	138	JOHN MCCANN	3:15:53	M	128 45-49
53	DES MINOGUE	3:01:45	M	49 55-59	1	139	BRETT KELLAWAY	3:16:01	M	129 45-49
54	IAN CLARKE	3:01:49	M	50 40-44	7	140	ALAN JONES	3:16:11	M	130 35-39
55	RYAN WAVISH	3:01:52	M	51 30-34	17	141	JAMIE TRIGG	3:16:21	M	131 30-34
56	TERRY SMITH	3:01:59	M	52 45-49	6	142	BRIAN HAYES	3:16:23	M	132 55-59
57	CLINT VAN BEVEREN	3:02:02	M	53 30-34	18	143	RICHARD FORSTER	3:16:27	M	133 30-34
58	CLIVE HENDERSON	3:02:34	M	54 60-64	1	144	NAFTALI GEFEN	3:16:36	M	134 30-34
59	CHRIS PRICE	3:02:58	M	55 35-39	12	145	TOSHIHIKO ONEDA	3:16:38	M	135 35-39
60	THEO TSICHRINTZIS	3:03:12	M	56 30-34	19	146	RAY JAMES	3:16:46	M	136 55-59
61	ANDREW CROUCH	3:04:16	M	57	147	LIAM BROWN	3:17:04	M	137 25-29	
62	BRAD COSSAR	3:04:20	M	58 45-49	7	148	CARL SAFSTROM	3:17:15	M	138 25-29
63	MATT ANDERSON	3:04:38	M	59 25-29	7	149	ROHAN KING	3:17:16	M	139 30-34
64	STEVE YOUNG	3:04:58	M	60 40-44	8	150	KIRSTEN JACKSON	3:17:25	F	11 30-34
65	JOHN KEATS	3:05:00	M	61 35-39	13	151	TOBY SIMMONS	3:17:48	M	140 25-29
66	ALISON BOWMAKER	3:05:10	F	5 20-24	1	152	BRETT STONE	3:18:09	M	141 25-29
67	DAVID COLLOPY	3:05:11	M	62 40-44	9	153	JOHN DAVIS	3:18:17	M	142 55-59
68	ANTHONY LEE	3:05:22	M	63 30-34	20	154	NICK MESHER	3:18:24	M	143 40-44
69	DAVID MCCORMACK	3:05:45	M	64 50-54	3	155	JOHN O'LEARY	3:18:40	M	144 25-29
70	GRAHAM MCINTOSH	3:05:55	M	65 45-49	8	156	GREG GYE	3:18:59	M	145 30-34
71	PETER CUTLER	3:06:09	M	66 20-24	2	157	SARAH MCKINNEY	3:19:01	F	12 25-29
72	IAN ALLAN	3:06:17	M	67 40-44	10	158	JOHN DALTON	3:19:06	M	146 30-34
73	ALUN SAINSBURY	3:06:25	M	68 35-39	14	159	NOEL EASTWOOD	3:19:25	M	147 30-34
74	PAUL CONNOR	3:06:27	M	69 40-44	11	160	TERESA BURGESS	3:19:33	F	13 40-44
75	STEPHEN LEES	3:06:27	M	70 45-49	9	161	MATTHEW SPARKS	3:19:49	M	148 35-39
76	BEN COSTIN	3:06:34	M	71 25-29	8	162	JOHN-PAUL DRESSEL-DE BRUYN	3:19:58	M	149 25-29
77	MAX GIBBS	3:06:36	M	72 45-49	10	163	BENJAMIN ROBERTS	3:19:59	M	150 25-29
78	SANDRA PROSENICA	3:06:39	F	6 35-39	3	164	BRENDAN KAY	3:20:01	M	151 35-39

Asics Melbourne Marathon

SUNDAY 10 APRIL 2005

Canberra Marathon

Incorporating
the Australian Masters
Athletics Marathon Championships
Canberra 50km Ultra Marathon
Marathon Eve 5/10km Fun Run
and the Kids Marathon



Event manager:
Cundy Sports Marketing
PO Box 206
Ettalong Beach
NSW 2257
Tel 02 4342 7611
Fax 02 4342 7648



Email: cundysm@ozemail.com.au · Web: www.canberramarathon.com.au

You made it... Congratulations to finishers of the 2004 Asics Melbourne Marathon!



Keep up the training... force your feet to the pavement of the Gold Coast
and take on the world-class Gold Coast Airport Marathon in 2005!

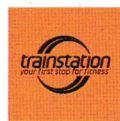
Sunday 3 July 2005

Marathon - Half Marathon - 10km Run - 7.5km Walk - Junior Dash

www.goldcoastmarathon.com.au

Entries open early 2005. To register your interest phone
07 5564 8733 or email info@goldcoastmarathon.com.au





Thank You

Bayside City Council
 City of Port Phillip
 City of Kingston
 Frankston City Council
 St John Ambulance
 VicRoads
 Victoria Police
 Yarra Trams

Special thanks to all the organisations and numerous individuals who gave up their time to stage 27th Annual Asics Melbourne Marathon. If you know anyone who would like to volunteer and be part of the Asics Melbourne Marathon on Sunday 9 October 2005, please contact us.

The Asics Melbourne Marathon is proudly brought to you by EVENT WIZARD (a division of Kinscrest Holdings Pty Ltd)

Postal: PO Box 148, Brunswick 3056

Ph: 03 9381 4666

Fax: 03 9381 4777

Email: marathon@eventwizard.com.au

EVENT WIZARD
www.eventwizard.com.au