

100 Marathon Club - New Zealand

NEWSLETTER FOR MEMBERS - December 2011

1) Two members celebrate their 150th marathon finish

Since the last Newsletter, two members have completed their 150th marathon - within a few days of each other.

- **Richard Were (Auckland YMCA Marathon Club)**

Richard achieved his 150th marathon finish at the Auckland Marathon on 30th October.

Richard completed his first marathon at the Wellington event in January 1985, and his 100th at the Auckland marathon in October 1999.

He started running regularly in the spring of 1984 in order to get fit for the next football season. However, he did so much running over the summer that he decided to enter the 1985 Wellington marathon.

Over the years Richard has been a member of several Clubs, with his first - a year or so after his first marathon, being the Wellington Scottish Harriers. After moving to Auckland the following year he joined Lynndale for a year, and then subsequently North Shore Bays and then Takapuna for a few years. Since 1999 Richard has been a member of the Auckland YMCA Marathon Club

During his marathon career he has had many highlights including -

- A Personal Best of 2:31:30 at the Buller Gorge Marathon in 1987
- Completing a total of 135 of his 150 marathons in less than 3 hours, with a career average of 2:47:36.
- Winning a total of 19 marathons - which may well be the largest number by an NZ male. These included - The Great Forest, Waitarere (3 times), Cambridge to Hamilton (3 times), and Whangamata (twice). Overseas he has also achieved firsts in both the Alice Springs (twice) and Muir Woods (California) marathons. Overall he has also achieved a 2nd placing - fifteen times, and a 3rd, eight times.
- Achieving 31 ultra marathon finishes including both the Two Oceans (56 km), and Comrades (90 km) ultras in South Africa. On home territory, he has completed the Ninety Mile Beach event (63km) twice and the Tree to Sea event - Putaruru to Mt. Maunganui (80km) 3 times.

Richard recalls that in 1986 at the Hastings Marathon he finished (in a time of 2:32:26) behind Kenyan, Douglas Wakahuri and two Japanese runners. He had led them till the half way mark in 1:13:10, at which point their coach said "go" - and they put 10 minutes on him by the finish. Subsequently, Wakahuri achieved World Cup Marathon - Gold, (1987) and an Olympic Marathon - Silver (Seoul 1988), and was also a New York marathon and Commonwealth Games marathon winner.

After a couple of years of marathon running, Richard decided to run his first Ultra - for the experience, and this was the Tree to Sea event (Putaruru to Mt. Maunganui) , in which he led the legendary Dick Tout - of the Sydney to Melbourne fame, for most of the event , losing the lead only 5km from the finish. He came in ahead of Dick the following year.

Richard has also achieved in the order of sixty half marathon finishes.

- **Dennis Jordan (Energy City Harriers, New Plymouth)**

Dennis achieved his 150th within a week of Richard, at the Feilding Marathon on 5th November.

His first marathon was at the Mountain to Surf event in Taranaki in March 1983, and his 100th at the Aurora (Upper Hutt) marathon in June 2005.

Dennis's running career and achievements are set out in his article below.

2) Running Highlights and Memories

By: Dennis Jordan (Energy City Harriers, New Plymouth)

I grew up in a cycling family, and a couple of weeks before I competed in the 1979 Taranaki Round the Mountain Cycle Race, John Walker was in Taranaki. While he was there, he mentioned during a radio interview, that there was a proposal to have a marathon from Mt Egmont to the sea in the following March (1980). I heard this interview and thought right then - 'I can do that', and so - almost straight after the bike race, I went and bought some running shoes. My brother in law also started running about that time, so we trained together - mainly at the weekends, for the next couple of years.

So - my first marathon was the Mountain to Surf in Taranaki in 1983, which I completed in a time of 3:20:27. I well remember Mike Stewart being in the group with me at around 10km.

The 25th Fletcher Challenge Rotorua Marathon in 1989 was held at the peak of the world wide running craze. If you were not running yourself you knew several people who were, and the Marathon was the goal to strive for. It had over 6,200 entries (5,850 finishers) - the whole of Rotorua City that year was in marathon mode - an amazing atmosphere. My time 3:18:16

My 40th Marathon was at the Gold Coast event in July 1995 - on my 40th birthday, where I achieved. 3:23:39. We had thirty two from throughout Taranaki in our tour group - and a great trip it was.

The Millennium Marathon in Hamilton - which started early on 1st January 2000, was something really special - a real party atmosphere both during the event and after the finish. There were so many people from all parts of the world who came to run the first marathon in the new millennium. There were many, many stories during and after this event.

At the Rock'n Roll Arizona Marathon held in January 2005, there were 12,000 in the marathon, and in excess of 18,000 in the half - and this was only the second year the event had been held. There was a live band every mile plus cheerleaders at the half miles - something happening along the whole course. My time was 3:37:59.

The Mountain to Surf event in Taranaki has generally been good to me - I have now done this course twenty seven times, and have had only two disappointing performances. My two fastest marathons are on this course, with the best being 3:04:27 at the 1990 event.

Of course, both the Feilding and Aurora Marathons - and the extra friendly atmosphere these two events have, are most worthy of mention - a meal part of the package is how NZ sport used to be. I am very pleased to have completed my 100th at Aurora in 1995 (3:49:49) and then this year, my 150th at Feilding (5:56:59).

However every marathon has its own unique features.

My first Ultra marathon was at the 1987 Round the Mountains Relay from the Waiouru Military Base. Jim Reed and I were in the 2 x 50 mile (80Km each). My time for my second half leg was 8:29:00, and we were in 2nd place for this division.

I have done the Tree to Sea 80Km Ultra (Putaruru over the Kaimais to Mt Maunganui) three times, 1989/90/91. The 1989 event was my best result when I finished in 6th place in 7:19:00. At the Marton to Wanganui event (66Km) in 2005 - I worked hard to stay ahead of Ashley Smith, but he caught me 200 metres from the finish. We then crossed the finish line together - a dead heat for 3rd place - 6:27:00. Last year I walked this event in 10:05:00.

Over the years, I have served on several committees, and it has been my way of putting something back into the sport that I have got a lot out of. The most notable have been:

- Stratford Runners & Walkers Club - 1984 to 2007 - with many varied responsibilities, and where I was made a Life Member of the Club in 2003.
- Stratford Athletics - served here for many years including after my kids stopped competing.
- TSB Around the Mountain Relay 1998 to 2004. Course Manager - organising gear and the over 150 marshals required, while also organising a family team in this event.
- Taranaki Councilor to Athletics New Zealand 2008/ 2009/ 2010.

In 2007 I was awarded the 2007 the Athletics New Zealand 20 year service badge.



Photo: Rob Tucker

*Dennis Jordan - and his shirts & medals of many colours.
(Photo taken for the Runner's World magazine - June 2006 edition)*

3) Book review

Passion for Distance - the story of my 100 Marathons

By: **Julia Thorn.**

(Published by: Melbourne Books. 2011 - ISBN 9781877096587)

Reviewed by: **Mike Piper** (*Invercargill Harrier & Athletic Club*)

The author admits to being a lazy runner, and I personally am not sure that she is a runner, as I would really classify her as a marathon participant. Julia Thorn is, however, a very determined person and as a result of this, she completed 100 marathons in 19 countries over 13 years from 1997 to 2010. Her fastest time was in Christchurch in 2004 (3:28:43), and her slowest was in Phuket in Thailand in 2006 (6:13:27).

Some readers will consider Thorn as amazing, but completing 100 marathons is not a great achievement if you enjoy running as she does.

The author is a freelance journalist who in recent years has written some interesting running articles published in Australia and New Zealand. She writes in a style that is easy to read, and from my experience of participating in many of the marathons in her 100, I would have to acknowledge that her accounts are very factual, and give a good insight into not only the marathons themselves, but into the hosting cities, and into the organization of each event. The book covers in some detail, many of Thorn's marathons on the 100 list, and the fact she averaged over 7 a year, competed 47 times in Australia, 18 times in the USA, and 17 times in New Zealand.

Julia Thorn is quoted as saying “the race is painfully hard, but the whole process of preparation, execution, and recovery gives me the greatest satisfaction”. She also says “I have had good marathons and bad marathons. The price is the loss of speed”.

Perhaps the best chapter is the one entitled “When the going gets tough”. Thorn examines aspects such as:

- (a) The courage needed to repeatedly run marathons
- (b) The mental and physical aspects of marathons and the preparation.
- (c) The determination needed to consistently train.
- (d) The self motivation and enthusiasm required.
- (e) The visualization and eliminating of negative feelings and self doubt.

In this chapter, Thorn outlines just why a non runner can be so captured by the desire to compete in marathons. The reader comes to better understand why a mother of young children can become involved in such an activity that involves long hours of training, and days of travel and participation.

Julia Thorn competed in three marathons when on the same day I was also in the event. In Christchurch in 2004 her comments in the book noted some of the difficulties with traffic management, and I suffered from a similar experience that day. We both were in the 2006 New York marathon, and her New York experience mirrors the emotion and enjoyment that filters through to any first time New York marathon competitor. In 2008, when Thorn was running her only Boston Marathon, and I was running my 14th, she writes how she enjoyed the hero status that is accorded to all finishers, and her account of the Boston experience is enough to want readers to want to immediately go out and qualify to get a start.

The book is worthy of a read, but does become a little repetitive in format. Thorn is at her best when she comments and writes about the non running aspects of marathons, such as the landscape, the history, the people, etc. Her astute observations are best illustrated to me, by her reference to the Riverton-Invercargill marathon where I was the Race Director for many years.

Thorn refers to the historical significance of the event, but more importantly she concisely summarises the nature of the small field, the weather, the loneliness of being a competitor, and then she concludes by praising the wonderful awards ceremony. In all respects, her observations were truthful and referenced in a complimentary manner.

The book is an easy read, and will be of interest to New Zealanders, as 62 of the marathons were run in Australasia. Julia Thorn’s book will be an inspiration for people who strive to achieve, and reading it will give hope to many men and women who desire to take up marathon participation for either lifestyle or health purposes. At \$29.95 Australian dollars, the book is worth having in your collection.



Julia- nearing the Rotorua finish line - 2010

Editor's Note: Julia will be known to several Club members - as mentioned by Mike, she has run a fair number of marathons in NZ. She wrote a review of the 2005 Feilding Marathon for the Runner's World magazine, after competing in that event. In addition to her marathons Julia has also completed over twenty ultra marathons - including the renowned Comrades 90km event in South Africa. Julia was the first - and is currently the only, Australian woman member of the Australian 100 Marathon Club.

4) Members contributions to the Newsletter

You will notice as you read further through this Newsletter, that we have been fortunate to have received for this issue, several articles and reviews contributed by a few members for the first time. You will enjoy the variety of both style and the information in these. Other members and associates have also assisted by sourcing/providing photos. We would like to thank these members - as well as the others who again have submitted articles, for their efforts.

We do welcome contributions from members, and items - be they short or long are appreciated. Although we do feature some longer articles from time to time, short ones - a few paragraphs are just as welcome. We are very happy to help members who are able to contribute, but would like some assistance

When you read item 6) - below, you will see that for some marathon events there are no reviews. We believe that readers are interested in reviews as they often give impressions written from different perspectives.

5) Some ways in which members can contribute to the Club's activities.

The following are some other ways which you - as a member can contribute to the Club - these are not exhaustive:

- Actively seek out runners - either of your own Club or another Club, who you believe may be a potential member of the Club (50 marathons +, and are active), and pass their name on to the Committee.
- Judge whether a skill that you have may be of help to the Club - and mention it to one of the Committee.
- If you think the Club needs to take a new approach on a subject which you have knowledge of - then discuss it with one of the Committee.
- If a Committee member seeks your involvement in a Club matter, where you can help the Club and the membership - then if at all possible, make yourself available.
- If you think the Club needs to get involved in an area where they haven't been seen - by you, to be active, - suggest it - and offer your own support for it.
- If you spot a future event which you believe the Club should actively support, then let it be known.
- Suggest events where Club publicity would have some impact - and if it is an event where you know the organisers, co-ordinate between them, and the Committee.
- Comment on items where the Committee seeks your opinion. (One or two word responses aren't that helpful.)
- When a General Meeting of Members is called, contribute items for the Agenda which you have a view on - and be prepared to discuss it at the Meeting. Also, make an effort to attend the meeting - and contribute your views and ideas!

6) Recent marathons – members' participation/reviews.

Members have participated in the following marathon and other events subsequent to our last Newsletter - names are given in overall finishing sequence, regardless of whether they are a runner or walker. If we have missed events/results for anyone, please let us know, and they will be included in the next Newsletter.

Phuket Marathon - Thailand - Sunday 12th June

Richard Were

Review by: *Richard Were* (Auckland YMCA Marathon Club)



Richard (bottom - in YMCA uniform) just after the 4.30 am marathon start in Phuket

If you like your marathons hot and humid, or just like to combine a beach holiday with a marathon – this could be for you?

I first came to Phuket for a holiday in January 2010. Prior to this while checking out various Phuket websites on the internet I came across the Phuket Marathon site.

If I enjoyed my time in Phuket, I could be back in June for the marathon?

I did – and I was, on the start line for both 2010 and 2011.

The Laguna Phuket International Marathon, to give it its full title, starts and finishes in the grounds of the Laguna Beach Resort Hotel about 20km north of Phuket's main tourist area: Patong Beach. Starting at 4:30am, with a 7hr 30min cut off, the marathon winds through a valley behind the beach of Bang Thao. Mainly through rubber and pineapple plantations and small villages. Luckily the beach is about 10km long and the valley is wide and therefore the

marathon is mostly flat. For the most part there are huge hills between and behind the beach areas of Phuket.



Runners passing a colourful Thai band on the Phuket course.

The 2010 marathon was the hottest and most humid conditions I have ever run in. Drink stops were every 2km and I started walking through each one from 16km. My biggest problem came after 30km when I sometimes had to stop and walk between drink stops. It was so hot that I really needed a drink as soon as I stopped running, and then after walking for a bit I needed to hydrate before starting to run again.

In 2011 I learnt from this and carried a water bottle with me.

Anyway, in 2010 I struggled through in 3:34:00 after initially hoping for something closer to 3 hours.

This year I went back just to enjoy myself, as best I could! It looked like being as hot as the previous year, as day after day the weather got warmer and warmer. However the night before the marathon we got a long torrential downpour which cleared the air a bit.

I had my first walk at 10km and had regular short walks thereafter in the hope of conserving energy.

Whereas in 2010 after sunrise the sky was clear and the sun unrelenting, in 2011 it was cloudy and we were even blessed with a couple of showers – but all too brief.

3:41:24 this time for a career PW.

2010 was won by a Thai in 2:40, and in 2011 by a Russian in 2:33.



Richard after a hot day at the 'office'.

Hutt 5 Bridges Marathon – The Hutt Valley – Sunday 21st August

Bill Richardson
Ingrid Frost
Albie Jane
Malcolm Gray
David Penfold
Phil Kirk
Dennis Jordan
Stephen Tubbs
Michael Stewart

Half Marathon

David Hamilton

Review by: *Dennis Jordan* (*Energy City Harriers, New Plymouth*)

Up before 6am in the Hutt Valley, (for the 7am walkers & slower runners start) with a very good frost -almost as good as those I remember back in Stratford. I wanted to stay in bed (Mike Stewart's sofa), but we had a Mighty Marathon to do.

It took a couple buckets of water to clear the frost off the car windows (Mike trying his best to also get me wet) before we could drive down to the start at the Petone Workingmen's Club - next time I'll have the bucket! Inside the 'Club' it was nice and warm for the race briefing, but we were all keen to get out into the cold and on the start line and get moving - yeah right!!

Everyone stayed in a tight bunch for a couple hundred metres then Albie Jane & Malcolm Grey made their move and little groups then formed. I had extra layers on and it was over 1 ½ hours before I got warm enough to start removing anything. Nearing half way and the runners starting passing, giving the ones we know the usual support (or abuse!). Albie & Malcolm were still together when we met - it was clear they were having a friendly battle.

Mike Stewart had feet problems so this event gave him some difficulty; however it is great to see he is getting over this and he has done a lot better times since.

This is a demanding course -even for walking. It is a gentle uphill to the turn at half way, where you then expect to pick up the pace for the gentle downhill return. But the first half has taken more out of you than you realise, so the same (or slower pace) on the return. It is good to get back onto the golf course as you know you have not got far to go.

Ingrid won an impressive looking bench top cooking machine as a spot prize, and was wondering how she was going to get it on the plane - I offered a swap for my spot prize (an expensive Katmandu towel) and got a definite NO! - accompanied with her laugh.

There were nine NZ 100 Marathon club members doing the Marathon (out of 55 finishers) plus David Hamilton walking the 1/2 Marathon, in 3 hrs 30min.



Malcolm Gray & Albie Jane - on the River stopbank - near the golf course, about 3km from the start.

North Shore Marathon - Auckland - Sunday 28th August

Ingrid Frost
Alec Day
Malcolm Gray

Half Marathon

David Hamilton

Review: -

This event is the first marathon based on the Auckland North Shore after a lapse of more than thirty years! (See below for some history) It is a welcome addition to the local marathon scene where the Auckland marathon has held the sole Auckland presence since it recommenced in 1992.

The course consisted of two identical laps starting on The Strand immediately adjacent to Takapuna beach. It headed north on a flattish road route to a turnaround at Milford Reserve -

about 3km from the start. Then back the same way - through the start area in the Strand and then south towards Devonport. The course at this stage became one of regular undulations with some climbs and back onto Beach Road until just past Takapuna Boys High when it turned left in the general direction of Narrow Neck. The undulations continue with a climb past Narrow Neck, then flattish until the foot of the North Head Reserve was reached. The course then climbed up to the grassed area surrounding North Head - and then circuited the entire Head. Great views were there - for those runners who were confident of their footing.

Returning to the base of the Head, runners continued back the way they had come from Takapuna. The only variation being in the last km or so when after reaching Takapuna beach, when, instead of the long climb back to Beach Road, the route continued along the beach itself on mainly soft sand, and joined up with The Strand to the start of the second circuit - which was a repeat of the first. The sand section at the end of the second circuit became a little more challenging, as by that time there were a lot more Sunday walkers, dogs, and children to be negotiated, and the sand was rather more cut up.

Overall, the organisers did a great job for a first event, and most areas key to marathon participants were well organised. Perhaps due to an underestimating the size of the large half marathon field, on the same course, which preceded the second circuit of the marathon, there were a couple of drinks stops at Narrow Neck/North head which ran out of both water and isotonic. However, they managed to organise some bottle supplies just in time for the middle/ end of pack runners.

This was an undulating road course with some grassed and sand sections and with some outstanding scenery in parts. An attractive event on an overall more challenging course than the Auckland marathon - held two months later. It seems destined to attract a larger marathon field next year, and certainly deserves support.

This inaugural event attracted a reasonably modest (for Auckland) marathon field of 145, with the much larger half marathon field of 720.



Runners completed over a km on the soft sand of Takapuna Beach - with the finish line 250 metres ahead.



Alec Day heading to the finish line on the Strand

Editor's Note:

The following is some history regarding the first North Shore Marathon event- originally run around Lake Pupuke on Auckland's North Shore, which started in 1965. This is quoted (with the permission of the Calliope Club) from the book: 'In Black and White: Calliope Harrier Club 1930-2005' - published in 2005.

'There was probably no marathon in the world other than Calliope Harriers' Reidbuilt marathon where the major prize at stake each year was a brand new house. This was the prize promised by Calliope patron and sponsor Mr E Reid of Reidbuilt Homes. The only small catch was that the house would only be built for any runner who went under two hours! Jeff Julian won the first marathon in 2h 21m 28s, a time never bettered subsequently and an excellent time for the circuitous course. No new house though for Jeff. In the mid-sixties Auckland's marathon runners only had two opportunities each year to compete over the distance, both occasions being in summer. Calliope felt a winter marathon would be welcomed, and so the Calliope winter marathon first run in 1965 came into being. The number of finishers in the Reidbuilt averaged in the forties from 1965 to 1974 (remember in those days marathons were run only by serious runners) but then started to climb. In 1977 94 finished and 137 in 1978. This dramatic increase in numbers made the circuit difficult to manage due to lap scoring and traffic problems and footpath congestion. Laurie Bassett, never one to take a step backwards, became the first Calliope harrier to finish a marathon with a broken thumb, sustained in an altercation with spectators at the 5k mark during the 1978 Reidbuilt. In 1979 the event was shifted to a course based on Whenuapai airbase and Herald Island. From 1975 to 1981 the race was the Auckland marathon championship and it created a high profile for Calliope, enhancing its deserved reputation as a Club that was a competent organizer and manager of major events.'

City to Surf Marathon - Perth, WA, Australia - Sunday 28th August

Debra Arnold

Hawkes Bay Marathon - Havelock North - Saturday 3rd September

Ingrid Frost
Albie Jane
Malcolm Gray
Michael Stewart
David Penfold
Dennis Jordan
Phil Kirk
Stephen Tubbs

Review by: Stephen Tubbs (Hutt Valley Marathon Clinic)

According to the local newspaper supplement published in 1983, this event was first held in Hastings on the 29 September 1979. It was known as the Stortford Lodge Spring Marathon as it was sponsored by business houses in the Stortford Lodge area.

The idea was to set up a local marathon as the only alternative was the provincial event - which was a low key, non sponsored race, with around a dozen entrants.

The inaugural 1979 event had the problem of running registered and unregistered runners together (this was before the one event registration came into being) so the unregistered runners had their own race and prizes within the main race.

110 registered runners and all 12 unregistered finished the event.

A pre-marathon evening with speakers was also held in 1979 and was a NZ first.

The original Hastings course was a flat there and back starting at Windsor Park and turning around close to the coastline on Clifton Road. A great course for PB's.

In either 1988 or 89 the start shifted to the Clock Tower in the middle of Hastings but still with a Clifton turnaround. A great course for PB's.

In 1992 a Clock Tower start, but the course went via the Tuki Tuki Hills finishing in Havelock.

In 1993 the organisers must have been pleased with more "interesting" course concept and the event base was moved away from Hastings to Havelock North.

In recent years the Havelock course has started at the Domain proceeding over gentle country to Clifton but then for most of the return journey you "hit the hills" particularly through the Tuki Tuki Valley.

For this year's event however a new course was used in an effort - it is understood, to make it less demanding toward the business end of the race, and hopefully attract more competitors.

Unfortunately a smaller field than last year took part and this has continued the major drop in field size since as recently as 2005:

Marathon finishers:

2005 - 117
2011 - 67.

2011 race day had typical South Island weather.

The start was at Guthrie Park and although we avoided most of the old course's hills there were a couple of beauties – one on the new section on Matangi Road (crampons required) and one they forgot to take out, the slog up the old nemesis on Waimarama Road.

The route is picturesque taking in Te Mata Peak and the Tuki Tuki Valley but there are dog legs on the return on River Road (pleasant) and a long hot one on Thompson Road. The problem with dog legs is that when completed you are no closer to home than when you started – course designers please note.

Well done though, to Run Walk Hawke's Bay - for bravely trying out a new course. Let's hope it receives more support in the future. With a bit of fine tuning who knows they might come up with a course with the right amount of ups and downs amongst the flat bits - and so please us all?

Congratulations to Ingrid Frost and Malcolm Gray for winning their respective age groups.



Stephen Tubbs on the course

Dunedin Marathon – Sunday 11th September

Bill Richardson
Ingrid Frost

Review by: *Ingrid Frost* (*Auckland YMCA Marathon Club*)

Do I stay or do I go – that is what was going around in my head for about four months out from the annual running of the Dunedin Moro Marathon in early September.

I was very apprehensive – not about the running, but the transport and accommodation for it – the event being held on the day following the Argentina V England match in Dunedin. So I contacted the very fine Race Director – Phil Coakes regarding accommodation and he, with his merry bunch of committee members were very glad to help me out. After a few days I got an email from Phil with the details of my hosts – David and Denise, The problem was solved – so off to Dunedin I go! Ya Hoo!!!

Husband Pete was then able to get me in and out of Dunedin with some juggling, but via Wellington and quite late (well – for me anyway). My hosts were meeting me at the airport – all sorted – well, so I thought. It was not until Friday night, walking home from work that it clicked. I was staying was on the other side of the new (RWC) Stadium and we would be going past about the time the hyped up Barmy Army/Argentine fans we were off to the Stadium – so I was in for a long trip back to D & D's house.

I met Denise at the airport and settled into the car expecting a long haul back into town. The run into town was good, but then ran into a bit of a car crawl near the Stadium. Wow – what a sight! – music blasting, crowds of people walking towards the Stadium. Both the Barmy Army poms and the Argentineans mixed together singing their national songs, and laughing, enjoying a few ales, but were very well behaved – all seemed very jolly.

We then got back to the house where I met David. What lovely people. I got myself sorted for the morning, and settled in to watch the game. By half time I was very sleepy so had to try very hard to stay awake.

The bus ride out to the start is always very hard – I don't do well seeing where I'm running before I start – it always looks a long way. We bussed to the Albatross Colony centre to use their facilities and to do our final preparations. When I got off the bus at the starting area I was greeted with a big hug – like a long lost friend – even though I am a 'Jafa', from Phil Coakes, the Race Director.

The course itself is very pretty, and runs along for most of way by the water – the course looks flattish, but it has some nice little undulations. The weather for the day itself was perfect for marathon running – no rain – a bit nippy to start, but otherwise great. Once I had settled down into my normal plod, I took in the sights around me.

From the road below the Albatross Colony to Port Chalmers on a map, looks a long way. When I hit the town and ran past the Edgar Centre I expected a lot more foot traffic, but this was not until we got to the back of the oil terminal where the half marathon joined us – but at this stage the road was wide and traffic sparse. So I was able to run on easily and got past with no hassle.

When I got to the 30km drink stop it turned to custard, as the cones which we had to run inside were really narrow and only enough room for two abreast. In the end I gave up after about fifty metres and just dodged around them as we ran past the Stadium. Then along near the train track which again is a narrow walkway, with a supporter's train slowly making its way to Port Chalmers with heaps of supporters – great to see.

As we got back to the main road to Port Chalmers, I started my people dodge game again, but it wasn't too bad. I got to the last short sharp hill, and, up we went and, to my surprise my legs were holding up - good girls - this was my fifth marathon in six weeks.

The finishing area has heaps of room, with shower facilities and buses/train to take you back to town. My host David had finished his marshalling and met me after in the finishing area – it had worked out perfectly! We had a spot of lunch and relaxation prior to going to the prize giving at the Forbury lounge.

Prize Giving once again astounded me – not only did they do the full and half marathon winners, and age groups, but an absolute sea of spot prizes, – and they didn't dally around giving them out.

All in all an excellent quick trip down and back. The people were great, and the place IS great, The Cavendish Club are a well organised Club and despite all the challenges they faced with the 2011 event, they did extremely well. Good on them for sticking to their annual date. Yes – I agree the event must go on and where it will WRC be in 2012. Not there!!!



Ingrid Frost & Bill Richardson on the road near the Albatross Colony before the start.

Whangarei Marathon – Sunday 11th September

Phil Kirk
Malcolm Gray
Neville Rae
David Hamilton

Review by: *David Hamilton* (*Pakuranga Athletic Club*)

Held this year, 2011, on September 11th - which just happened to be the 2500th Anniversary of the Battle of Marathon, and that mythical messenger whom we all seek to emulate. But I doubt if anybody else remembered the historic occasion!

So it was that 3 'slowies' lined up for the early 7am start: Phil Kirk, Malcolm Gray and I. The weather did not look good and it started to rain.

Over the years, the Whangarei Marathon has had many different start/finish points and many different courses, covering many parts of Whangarei. (Who remembers the out and back course along the Heads Road?) Currently the HQ is the Rock'n'Roll Club building at William Fraser Memorial Park on Riverside Drive. The current course could be described as 'Round-the-Harbour.'

The first 3km is nearly 2 loops around the landfill metal road before heading out to Riverside Drive and left towards the city. Through the Town Basin, along the walkway, a double-back to get onto Port Road, around behind Okara Park and into the port area. Then there is a long drag to the end of Port Road, which was a bit of a mission in the prevailing conditions.

Back the same route, with 8 o'clock starters coming the other way.

Halfway is across the timing mats again and onto the half-marathon course which is more familiar. Right onto Riverside Drive again and the route now uses the Waimahunga Walkway in both directions.

All the way round Beach Road and up the hill for the double-back past the Onerahi shops. Then around the airport on the high road, to the infamous Pah Road. (Early courses used to run UP this hill!)

After returning along the walkway again, (there is good reason why the ambulance is stationed at the end of this section!) it is a somewhat pleasant feeling to emerge onto Riverside Drive, knowing that the finish is only halfway back to the city.

The Marathon winners were David Lear and Kiri Price from the YMCA Club. I was comfortably last but did manage to achieve my main goal which was to finish before 1pm, in time for the prize-giving; but this was cancelled because of the weather.

Overall, a very good course, with lots of variety to occupy your mind. I would like to do it again, if only to experience better conditions!

The Legend Marathon - Auckland - Saturday 17th September

Bill Richardson
Ingrid Frost
Michael Simons
Albie Jane
Malcolm Gray
Phil Kirk

Review by: *Albie Jane* (*Stratford Runners & Walkers Club*)

I heard about the Legend Marathon a few years ago, but as it falls right in the middle of calving I always gave it a miss.

I had a total hip replacement done last December and recovered quickly and easily. Having done one or two marathons since then (walking, that is), the Legend got to me so I had to do it.

I've always driven to and from the marathons but Hilary suggested I fly up. It just so happened, that one of Hilary's very good friends lives just around the corner from the marathon start so I even had free accommodation.

On race day it had been raining on and off beforehand but it stopped for the duration of the race. I started walking for the first few kilometres but it was always in the back of my mind that the cut off time was 5 hours. As there wasn't a walking section, after a while I found myself jogging a bit. I started catching up to the runners and when I reached the bottom of the Waitakere Ranges hill I walked approximately 3-4 kms, passing runners on the way. The course turned off just before the top of the hill which was a pity as I would have liked to goe further just to see what was there.

The next few kms were easy going and I broke back into a jog. Then I came to a metal surface at around the 25 - 30 kms mark, which was not easy to run on. As I hadn't run or jogged a marathon for quite some time I was soon puffing a bit. I could see I was going to be well under the 5 hours so took it easy for the final 10 -12 kms, which was mostly downhill, and finished in 4 hours 35 minutes.

Other than the Routeburn Marathon, this was the hardest marathon I've done. As far as the course went, I just loved it, and I'll be back next year if my other hip lets me.

Wairarapa Marathon - Masterton - Sunday 9th October

Bill Richardson
Ingrid Frost
Albie Jane
Stephen Tubbs
Michael Stewart
Dennis Jordan

Review by: *Stephen Tubbs* (*Hutt Valley Marathon Clinic*)

Ice on the windshield.

Temperature 3 degrees.

6am start.

A camera flash pierces the dark and aids the competitors to find the start line.

We're off - but we don't get very far before we return to the start line after completing a dog leg.

We're off again in the opposite direction bidding the 2 supporters (and the dog) farewell for a second time.

As the light grows stronger the temperatures rise and so do the regrets at the choice of clothing. There is an opportunity to discard at the end of the first lap and you do so hoping the dog doesn't notice.

A large part of the course is over rolling ruminative countryside.

The peaceful surroundings are only disturbed by the grunting of the competitors from the shorter flower pot events in their rush to return to urbanity.

What a pity the idyllic experience has to end when the finish line draws nigh.

The prize giving was held at Makoura College where from amongst the throng the place getters emerged onto the rostrum to be duly hailed by those they had vanquished.

Congratulations to Ingrid Frost for being the 1st in her age group and Bill Richardson for 2nd in his out of a total field of 60 finishers.

Athletics Masterton are also to be congratulated for once again for putting on this event. It is now survived 37 years during which time many others have come and gone.

Melbourne Marathon - Vic, Australia - Sunday 9th October

Malcolm Gray

Auckland Marathon – Sunday 30th October

Richard Were
Bill Richardson
Ingrid Frost
Debra Arnold
Robert Scott
Michael Simons
Malcolm Gray
Albie Jane
Bill Hodge
Chris Leahy
Stephen Tubbs

Half Marathon David Hamilton

Feilding Marathon – Saturday 5th November

Bill Richardson
Ingrid Frost
Debra Arnold
Albie Jane
David Penfold
Malcolm Gray
Chris Leahy
Michael Stewart
David Hamilton
Dennis Jordan
Stephen Tubbs

Half Marathon Relay Ashley Smith

The Age Graded Performance finishing sequence, as calculated by the event organiser, was as follows. This is based on international standards – which is runner time related. However, walkers are included here for comparison purposes.

Bill Richardson
Debra Arnold
Ingrid Frost
David Penfold
Chris Leahy
Albie Jane
David Hamilton
Michael Stewart
Malcolm Gray
Stephen Tubbs
Dennis Jordan

Review by: David Penfold (*Feilding Moa Harrier Club*)

Southland Rugby may have relinquished their hold of the Ranfurly Shield for the summer but a Southland Marathoner came to 57th Feilding Marathon and lifted the coveted Sir Matthew Oram Cup, for 'Feilding Marathon Supremacy 2011', back to Invercargill, the same day.

Southland Boy's High School Teacher Bill Richardson, flew north on the Friday, blitzed the Feilding Marathon field on Saturday and flew back to Invercargill with the marathon's supreme award. Richardson won by a huge distance and had 14 minutes margin ahead of the next finisher. Richardson's winning time, of 3:34:27, was 11 minutes slower than his winning time he posted last year. He said, "Battling through the patches of stormy weather made it much tougher compared to last year's marathon." The Feilding Marathon win by Richardson was sandwiched in between running the Auckland Marathon the previous Sunday and his home town's Invercargill Marathon the following weekend.

The Melbourne Cup finish-line technology was needed but not available in Feilding on Saturday but would have been handy to separate Ingrid Frost and Kiri Price, both running for Auckland YMCA, at the finish. They made local marathon history by 'dead-heating' when vying to be the first woman to finish. Both were backing up after completing the Auckland Marathon last week too. Their 'shared' finishing time was 3:48:45.

Only three local marathoners entered the marathon run this year and they all managed to take trophies away. Master Female winner was Patricia Stichbury (Ashhurst), 3:10:41 Age Adjusted Time (AAT), Master Male winner was David Penfold (Halcombe), 3:46:18 AAT and the Manawatu Resident Trophy winner was Debra Arnold (Feilding Moa), 3:24:24 AAT.

The Male Walking category was tipped to be a closely fought battle between previous four-time consecutive winner, Malcolm Gray (HVM Clinic) and Taranaki dairy-farmer, Albie Jane (Stratford). Jane had other ideas and put his 'feet to the metal' after three kilometres and opened up a handy lead from the rest of the field. At the half-way and turn-around point at Stanway Hall, on Makino Road, Jane had nearly a three km lead. Gray tried valiantly to close the gap, without success though. Jane went on to win in good time of 4:49:12 while Gray was timed at 5:13:50. In the Female Marathon Walk category Averil Sheehan (Palmerston North) continued her winning form from last year. Sheehan took off in the early stages to create a several hundred metres lead early on too, and had to defend her lead right to the end from a charging finish from Chris Leahy (HVM Clinic). Sheehan stopped the watches at 5:31:00 while Leahy had to settle for second place with a time of 5:31:41. The result was a mirror of last year's finish.

The father and daughter-in-law pairing of Ashley Smith and Anna Duncan-Smith (Waitara) took out the Two-Person Marathon Team prize with a time of 3:58:13.

Auckland YMCA won the Trevor Luderman Marathon Run Team Cup while Hutt Valley Marathon Clinic collected the Leahy Marathon Walk Cup.



*Kiri Price & Ingrid Frost – joint 'dead-heat'
Women winners*

Bill Richardson – the winner - about to cross the finish line

7) Club Archives

Debra Arnold (Feilding Moa Harriers) has taken on the responsibility for maintaining the Club archives.

We welcome from members items or articles on the people in the Club – be these newspaper or magazine articles, excerpts from member's Club Newsletters, unpublished items, any of which relate to a Club member or prospective member, or items on the Club itself. Originals or copies of originals are appreciated.

If you have in your own records any items which you believe come within the above, please forward a copy to Debra by either of the following methods:

Email: d.arnold@ucol.ac.nz or,

Post: D. Arnold, 637A Reid Line East, R D 11, Palmerston North 4

Phones: Home: 06 3292611 or Cell: 0272546626)

If you have an item which you are uncertain about, then either email Debra or, if you wish, phone her (evenings) It is important that when forwarding material to Debra, that each item details - where possible, the source of the item, and the date (if known) or approximate date of publication (e.g. Manukau Courier newspaper – 12 May 1997 issue, or the following website – www.??)

8) Oldest person known to complete a marathon

On 16th October 2011 at the Toronto Marathon, Canada, Fauja Singh of London, UK became the oldest known person, known to complete a marathon, at the age of 100 years.

The following is an article on his achievement posted on the website of the event -The Scotia Toronto Waterfront Marathon.

100-year-old marathoner sets record in Toronto

Fauja Singh finishes in 8 hours to become oldest person to complete full marathon

The Associated Press



(Frank Gunn/Canadian Press)

Fauja Singh grimaces as he crosses the finish line in the Scotiabank Toronto Waterfront Marathon.

Fauja Singh secured a spot in the Guinness World Book of Records on Sunday at the Scotiabank Toronto Waterfront Marathon.

The 100-year-old accomplished an amazing feat, completing the grueling 42.195-kilometre marathon and becoming the oldest person ever to complete a full-distance marathon.

It took Singh over eight hours to cross the finish line — more than six hours after Kenya's Kenneth Mungara won the event for the fourth straight year — and he was the last competitor to complete the course. But his time wasn't nearly remarkable as the accomplishment itself.

"Beating his original prediction, he's overjoyed," said coach and translator Harmander Singh. "Earlier, just before we came around the [final] corner, he said, 'achieving this will be like getting married again.'"

"He's absolutely overjoyed; he's achieved his life-long wish."

Although event workers dismantled the barricades along the finish line and took down sponsor banners even as Fauja Singh made his way up the final few hundred metres of the race, a throng of media, family, friends and supporters were there when Fauja Singh made marathon history.

And Fauja Singh, who only speaks Punjabi, also surprised himself. Through his interpreter, he said he had set a goal of finishing the race in about nine hours.

"He said he achieved this through the help of God but even God must be getting fed up of helping him," Harmander Singh said, drawing chuckles from assembled media after the race.

Sunday's run was Fauja Singh's eighth marathon — he ran his first at the tender age of 89 — and wasn't the first time he set a record. In the 2003 Toronto event, he set the mark in the 90-plus category, finishing the race in five hours 40 minutes and one second.

And on Thursday in Toronto, Fauja Singh — whose first name means soldier — broke world records for runners older than 100 in eight different distances ranging from 100 metres to 5,000 metres.

Fauja Singh, a five-foot-eight, 115-pound British citizen and vegetarian, looked tired and spent following the race and organizers gingerly assisted him to the post-event news conference. After receiving gentle massages to his legs and calf muscles as well as cups of water from members of his entourage, Singh leaned back on a couch and spoke little to start the news conference.

But a short time into it, he began looking remarkably relaxed and fresh with his hands clasped behind his head. Then, he abruptly sat up straight and with a smile, motioned for the microphone, obviously getting his second wind.

"He says he's recovered now so he's going to talk," his translator said, again drawing laughter.

Fauja Singh, affectionately dubbed the Turbaned Tornado, began running roughly 20 years ago after losing his wife and child. The five-foot-eight centenarian said he's happy to see more minorities taking part in such marathon events and is hopeful his next project will be participating in the torch relay for the 2012 London Summer Games.

Fauja Singh carried the torch during the relay for the 2004 Athens Games.

Race director Alan Brookes struggled to find the right words to describe Fauja Singh's remarkable accomplishment.

"I'm speechless," he said. "Fauja Singh is a remarkable human being."



9) Other News & Views

a] Colville Connection Marathon (off road) – Coromandel Peninsula – Saturday 10th March 2012.

This is a new off-road marathon event organised by Total Sport – which is involved in several off and on road events – including marathons, under various event names/websites

The content on the event website (www.colvilleconnection.co.nz) is confusing. On the one hand it is called a 'marathon', but on the other, parts of the website refer to the distance – variously as 42km/42.2km, and the "provisional map" gives it as 42km.

We contacted the organiser at Total Sport in early October these anomalies. His response in an email of 21st October indicated that the course would be measured using GPS, and bike odometer, and to keep an eye on the website. No changes have yet been made to the website. Although the event is still a little way ahead, members who may be planning to enter should check with the organiser/website to ensure that the course has been finalised/measured as a recognised marathon distance. Currently it doesn't appear to have been and on this basis wouldn't be recognised by the Club as a qualifying event.

b] Newsletter size

There have been a few marathons subsequent to the Feilding marathon – reviewed in item 6). Unfortunately, due to limitations on space, it has not been possible to include subsequent event results/reviews in this issue, and they will be included in the next issue.

c] Mountain to Surf Marathon 2012 – change of date

Since it was announced on the event's website in September that the marathon in 2012 is to be held on a Sunday – rather than a Saturday, there seems to have been a certain amount of

criticism – both in cyberspace and other, regarding this decision. Such criticism may be misplaced.

From what is known, the organisers may not have had much option to change the date given their need to have a traffic management plan for the event approved by the authorities. The road traffic congestion at the connection - at about 38km, from Richmond Road onto State Highway 3, before the course continues down to Waitara on the coast has got steadily worse due to the increasing traffic using this main route to get in/out of New Plymouth on the busy Saturday morning. This has involved in recent years a considerable increase in marshalling & coning in an endeavour to get runners through the connection safely, and to allow traffic to move.

d] Francis Wilson's identical times – two events

Readers may recall that Francis Wilson's article in the September issue mentioned the odds of someone running identical times in two marathons, as he had done, and enquired if other members had emulated his experience, which was:

Owairaka 1964	3:17:50
Owairaka 1966	3:17:50

Well, to date, two members have advised of their comparable experiences:

Mike Piper (*Invercargill Harrier & Athletic Club*)
Chicago 1992 2:45:15
Boston 1994 2:45:15

Alec Day (*Auckland YMCA Marathon Club*)
Boston 2010 3:59:42
Rotorua 2010 3:59:42

Have other member's had similar experiences?

10) Approaching Marathon events – Australasia

The following events appear on various NZ/ Australian marathon websites/calendars for the next few months. This list is not intended to be exhaustive, and is believed to be accurate. **Listing does not in any way confirm that the event necessarily meets the Club's Criteria for qualifying events.**

Hutt River Trail Marathon (off road) – Upper Hutt – Saturday 21st January 2012

Email: anne.hadley@hotmail.co.nz
Phone: Hadley Bond – 04 233 2241

Buller Gorge Marathon - Westport – Saturday 11th February.

Website: www.bullermarathon.org.nz
Phone: Dennis Straker – 03 789 8010

