The Otago Daily Times, Mon., July 23. 1979.—Page 5

Harbour Marathon Completed By 148

By Alistair McMurran

Despite the hardships, 148 runners completed the Dunedin Around' the Harbour marathon in perfect conditions yesterday.

This was an impressive achievement because the majority of the competitors were not members of harrier clubs.

Late entries swelled the number of starters to 305 — about 150 attempting only the half marathon.

There was a crispness in the air as the runners left the start. at Portobello at 8.20 a.m. The field soon spread out as runners kept strictly to their own pace.

There had been a heavy frost around the harbour and runners had to be careful in the often slippery conditions on the sheltered parts of the road.

Conditions quickly warmed up as the sun reached the various bays, but the frosted areas gave relief to tired runners on the second half of the journey. The temperature reached 11 deg C during the race.

The course proved popular and the calm conditions made it fast. The undulating terrain on the Port Chalmers highway made it easier on the runners as they were getting tired during the hard part of the race.

The field was obviously well prepared because every finisher completed the course in under five hours. The organisers had expected some competitors to take six hours.

The standard of perform. ante was high with 22 runners finishing with times under three hours — Six of these were under 2h 45m.

Another 56 runners ran between 3h and 3h 30m and a further 50 between 3h 30m and 4h.

There was only one casualty in the race. A runner in his early twenties was in distress and was pulled out at the 20 mile mark.

MERITORIOUS

One of the most meritorious performances in the race came from Owen Wilson (14). He is a fourth form pupil at Otago Boys High School and only decided to enter for the event on Saturday. His pace judgment was a bit optimistic at the start and he was in the first three up to five miles. But the pressure began to tell after this and he ended in 142nd place in a time of 4h 24m 11s.

He showed great courage to finish the race.

"I had never run a marathon before and it was pretty tough," he said.

Angela Wakefield and Tom Valentine, the two Daily Times subjects, both performed well. Mrs Wakefield finished 129th in a time of 3h 59m 31s and Valentine 132nd in 4h 4m 16s.

Mrs Wakefield aimed to run at a pace of 8m 30s for the first half of the race. She was a little behind schedule as she passed through five miles in 45m 7s and 10 miles in 1h 30s.

"I felt like pulling out at halfway but Peter Stephen, who was running with me at this stage gave me a lot of encouragement. He stayed with me until the beginning of the Port Chalmers road before he went ahead," Mrs Wakefield said. "Once I reached there I knew that I would not pull out. My hips started to seize up but I continued to run the whole way — even up the Roseneath hill. I was very pleased with my performance and certainly will have another go at a marathon."

Valentine started well and was well ahead of Mrs Wakefield at the halfway stage. But over the latter stages his legs began to tighten and became painful. He was passed by Mrs Wakefield around the Peninsula Beach Road near Port Chalmers.

Peter Stephen finished 128th with a time of 3h 59m 13s.

FIRST WOMAN

There were some other good performances. Dunedin nurse, Mary-Ann O'Connell in 52nd place was the first woman runner to finish. Her time was 3h 13m 2s.

Mosgiel headmaster Danny Knudson, came 121st with a time of 3h 50m 23s, while David Neill in seventh place with a time of 2h 45m 56s was the first of 12 Southland runners to finish. Brother Paul Boyd of St Kevins College, Oamaru was 144th in a time of 4h 31m 43s.

The last runner to finish was Dunedin Teachers College lecturer Alex Lillie, with a time of 4hr 58m 46s."I felt ecstatic at 15 miles but my thighs became very sore and it became very tough after 20," he said.

Graeme Bennett a Leith harrier, showed that he has a good future as a marathon runner by winning his first marathon in the good time of 2h 37m 13s. Lindsay Dey, a Caversham harrier, took the lead as the field began the run around the Port Chalmers peninsula. But coming down the hill toward the 25-mile mark Bennett applied the pressure and passed Day to win by 43 seconds. But Day had the satisfaction of recording his best time of 2h 38m 3s.

IMPRESSED

Colin Geary (42), a lecturer at the Otago University Medical School, impressed by coming fourth in his first marathon with a time of 2h 39m 48s.

The Otago branch of the New Zealand Sports Medicine Federation was impressed with the turnout for the event and intends to make it an annual fixture.

"The smooth running of the event was due to the excellent co-operation we received from the support groups — University of Otago's medical unit, the Roslyn Scout group, the amateur band radio emergency corps, Red Cross and St Johns, and the Ministry of Transport, " Jim Fraser, the marathon organiser, said after the event.

Runners who did not. receive a certificate for completing the half marathon will get these through the post and all runners will receive a copy of the results.

The results were — Graeme Bennett, 2h 37m 17s, 1; Lindsay Dey 2h 38m 3s, 2; Gordon Moller 2h 39m 26s, 3: Colin Geary 2h 39m 48s, 4; Rob Archibald 2h 42m 42s, 5; Wayne Bryson 2h 44m 6s, 6: Dave Neill (Invercargill) 2h 45m 56s, 7; Graham Nuttridge 2h 49m 37s 8; Alan Coldicott 2h 49m 58s, 9; James Ford 2h 50m 13s, 10.

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Runners In Marathon Should Take It Easy In Training

By Alistair McMurran

The Dunedin Round the Harbour marathon is less than a week away, so it is important for runners to conserve their energy and not to overdo training this week.

This was the practical advice which Peter Crosby, the Otago marathon champion, gave to all entrants in next Sunday's event.

"If you have not done the work before, it is too late to do it now," Crosby said yesterday. "You have to keep fresh and not overdo the training."

Crosby emphasised that the rims should not only he of short duration this week, but also of an easy pace.

The purpose of the training this week Is to keep fresh and store up energy for Sunday's race.

Crosby prefers to do most of his running on grass, but this may not be possible because of the wet conditions. However, it should be possible to find a gravel path or road or the dry bark tracks.

"It Is important to keep the legs fresh and bouncy," Crosby said.

Crosby likes to have a short, 20-minutes run on the day before the race to loosen up his legs.

"But. I think you should have a rest two days before the race," he said. " By having a run you deplete your glycogen (amount of sugars stored in the blood) supplies. With a day off these are stored for use on the day."

FOOD

Crosby said that a lot of carbohydrates should he eaten during the last three days.

"But this does not mean overeating, because if you do you could put on weight," he said.

"During this time you should reduce the amount of proteins you eat and replace this with carbohydrates like potatoes and bread.

"Food like cake and candy should only be eaten after meals. It is too refined and lifts you up too quickly and then lowers the blood sugar." Crosby would eat no proteins on the Saturday and only have eggs on the Friday before the race on Sunday.

"With the race starting at 8.30 am I would not have anything to eat before the start and would confine myself to a cup of tea or a glass of water to stimulate bowel movement," he said.

Crosby outlined what he would cot the day before the race.

"I would have toast and honey for breakfast," he said "I would eat fruit for morning tea and have a peanut huller sandwich for lunch, and n pizza pie, salad and apple pie for tea.

"I would have some honey sandwiches for supper about 11.30 p.m.

"But you should not over¬eat and should just replace protein with carbohydrates.

"If You eat on the morning of the race the blood goes to the stomach to help digestion and It makes you feel sluggish. If you must eat before the race, you should be up before 4.30 am."

NERVES

Crosby said that because of pre-race nerves it might he difficult to sleep well on the Saturday night.

"I like to go to the pictures or to a party and get to bed about midnight." Crosby said " If you go to bed too early you just don't sleep.

"It does not make any difference to your performance if you only get four or five hours sleep on the Saturday night. But you need to get eight or nine hours on Thursday and Friday nights."

Tips from other marathon runners include the need to apply Vasoline liberally to the nipples, the inside of the leg and the crutch.

There is also the need to be wary of drinking at the feeding stations if the runner is used to running for two and a half to three hours without drinking anything.

By last night there were 136 entries for the marathon, and these included runners from Invercargill. Gore, Christchurch, Timaru and Te Aroha in the North Island.

Entry forms may be collected and entries left at Fashion Fabrics, George Street.

The final marathon clinic will be held at the School of Physiotherapy gymnasium at 8p.m. tomorrow. Entries may be given in then.

1979 MARATHON ENTRY FORM

Would competitors in the Full or Half-Marathon please complete this form and return it at the start or to P.O. Box 6048, Dunedin North.

DUNEDIN ROUND THE HARBOUR

MARATHON

ENTRY FORM

NAME .....

ADDRESS .....

SEX ..... PHONE .....

HALF or FULL MARATHON .....

I herewith enclose $3.

SIGNED .....

Please return to New Zealand Federation of Sports Medicine, Otago Branch, P.O. Box 6048, Dunedin North. Those attending Marathon Competitiors' Clinic next Monday evening at the Dunedin Teachers College gymnasium at 7 p.m. may register there. —Advertisement.

Marathon Subject Completes Long Run

By Alistair McMurran

Tom Valentine gained a boost to his confidence last Saturday when he ran 24 miles in a run from Alexandra.

Valentine, along with Angela Wakefield, is a Daily Times subject for the Dunedin Round the Harbour marathon to be held on July 22.

It took Valentine 3h 29m to complete the run. "I started from our holiday home at Alexandra and went down the Earnscleugh Road to Clyde," he said.

"I took several extra turnings and passed through Letts Gully before coming back past Fox's motor camp into Alexandra.

"My wife was following tine in the car but had stopped to do a crossword puzzle, so I started on another lap. When she caught me I then turned back and when I arrived home the speedo read 24 miles.

"If I had known that before I stopped I think that I would have carried on to do the marathon distance. But I would have been plodding very slowly over the last bit.

"When I stopped running I was pleasantly tired, but not at the end of my tether.

"I just watched television as normal that night and had a good night's sleep."

Valentine felt no ill effects the next day and ran 10km. He was a little tired in the legs on Monday, but by Wednesday found no difficulty in running 14km.

Judging by the time of the run at Alexandra, Valentine should be able to run the marathon in 3h 45m if conditions are calm on July 22.

"I am looking forward to it." he said. I will just treat it as a jog. My wife accepted the idea of me running the event when I told her that I had no intention of trying to win."

But it has not been easy all the time. "I strained the ligaments of my left knee and had to have physiotherapy treatment," Valentine said.

"It hurt a bit at the start. of the run last Saturday. but after 14km the pain went away."

Mrs Wakefield is brimful of confidence after running the gruelling Waitati circuit for the second weekend in a row last Saturday.

She completed the 28km journey in 3h 20m—an improvement of 20 minutes over the previous week.

"I went to the pictures on Saturday night and then slept a normal nine hours. I think that I was more mentally than physically tired," Mrs Wakefield said.

"I am not so dubious about the whole thing now. Having completed the Waitati's twice I now don't treat It as seriously. I know that I am capable of completing the distance.

"I used to look at my watch alter an hour and think that it was hard. Running for such a long time as needed to complete a marathon seemed hard.

"But I have now run for over three hours and know that it can be done."

INQUIRIES

The race organisers have had several letters from people about the event. One man suggested that he would like to see more feeding stations on the second half of the course.

He felt that a five-mile gap might be too much at that stage.

The organisers will try and do something about this but the manning of the sponging and feeding stations requires 40 people.

There were 70 entries for the event — 68 for the full distance—by last Thursday. This is a good early response for the event and suggests that the target of between 300 and 400 entries might be met.

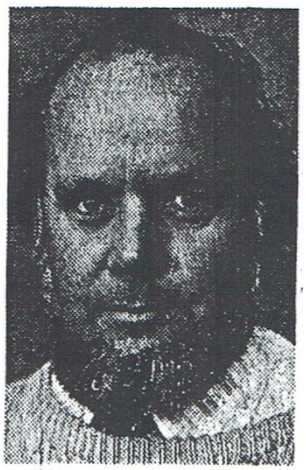
In the final three or four days it is important to eat a high carbohydrate diet (food like potatoes) and be low on protein (meats and vegetables).

It is good to consume extra glucose during this time.

The final week's training programme (hard and easy) is: Sunday, hour run; Monday, 30 minutes; Tuesday, rest; Wednesday, 30 minutes; Thursday, rest; Friday, 30 minutes; Saturday, rest; Sunday, July 22, Marathon

Athletics Writer Shows Dedication

By the Sports Editor



Alistair McMurran, the Daily Times athletics writer, displayed true dedication to duty on Sunday. He not only reported the Dunedin Round the Harbour Marathon; he ran in it.

There was no respite for McMurran after he had completed the gruelling 26 mile, 385 yard course from Portobello to Port Chalmers.

He donned a tracksuit, swigged down four cups of sustolyte (a drink which replaces lost body salts), pulled out his notebook and went off in search of facts, figures and interviews.

It is the eighth marathon that McMurran has completed, but his first for nine years.

McMurran ran his first marathon, the Southland Open, in 1966 as a member of the Mornington club. He finished third in a field of six in a time of 2h 52m.

There has been a staggering increase in the popularity of the marathon as is indicated by 148 competitors completing the course on Sunday.

McMurran finished 145th in a time of 4h 34m 25s but he was more concerned with assessing the physical and mental condition of the competitors than running a fast time.

He had run the Waitati circuit over the Mount Cargill Road (a distance of 20 miles) twice during the previous three weeks and he was confident he would complete the course on Sunday.

TEMPTATION

However, his confidence waned at times and he felt a strong temptation to pull out at various stages.

"I didn't feel particularly strong at the start but I felt after five miles that I was into a rhythm.

"From between 10 and 20 miles I found the going tough. I felt a strong temptation to pull out at about Thomas Burns Street and this continued for some time.

"Your blood sugars last only about 1h 40m and that was when I started to lose my strength. It was after I reached the hill at the top of the quarry that I overcame the temptation.

"I started talking to myself, urging myself to keep going. I aimed for various landmarks and ran to them: then slowed down. I felt reasonably good during the 1ast five miles: it was just a matter of keeping going."

However, the thought of reporting the event was seldom far from McMurran's mind.

"There was fairly constant talking among the runners for the first 10 miles and I had the frame-work of the story in my mind well before the finish.

"Towards the end, competitors were returning in cars to Dunedin and I knew who had won by the time I had run 20 miles."

The evening before the marathon, McMurran had a small meal of sweetcorn on toast and toast and honey. For breakfast before the event, he ate grapefruit, orange, toast and honey, and drank glucose.

He resisted the temptation on Sunday night to eat a big meal and settled for a hot bath, an egg salad, glucose, and an orange, banana and mandarin and then a 10-hour sleep.

"A marathon is a bit like a fast and you can undo much of the good of your training if you eat too heavily afterwards. For a competitive runner, it takes about a month to recover fully from the effects of a marathon. But for someone like myself, it should take only two or three days."

McMurran admitted he foun d Sunday's run "agony" at times but it was certainly much easier than one he undertook in 1970.

That year he was third in a 50-mile sponsored run which consisted of 87 circuits of Forbury Park. His time then was 9h 54m.

"The hardest part was between 30 and 40 miles," McMurran recalled wryly.

COACH

McMurran is a prominent athletics coach who has guided the fortunes of seven New Zealand representatives — Dick Tayler, Euan Robertson, Chip Dunkley, Stuart Melville, .John Campbell, Brendon Pauley and Colin Morris.

McMurran began coaching 15 years ago after he broke his neck in an accident in a woolstore when a 375Ib bale of wool collapsed on him.

"The marathon on Sunday was a tremendous all round success and I will be keen to take part again next year," he said.