



FROM THE EDITOR

Guess what I did on my summer vacation? I played some golf. Not much, mind you, only a half dozen rounds or so. Golf is the sport that used to preoccupy my summers long before I ever began to jog. After many years of playing very little golf, I was surprised at how my finely developed skills of slicing, topping, spraying, shanking, hooking, duffing, cursing and club throwing returned in astonishingly short order. I have a marvelous short game. Trouble is, I use it off the tee. I am not sure that I have ever enjoyed the game, not with the frustration level I experience, but something draws me back to it.

As runners you are probably wondering what all this is about. No, I have not decided to edit a golf newsletter. Yes, I realize runners are not golfers, and as I will attempt to explain, for good reasons. If runners want to do another sport, they bike, swim, hike, windsurf, or play some other sensible, healthy sport. Some of you may even need a little background on the game of golf. The game was bequeathed to us by our Scottish ancestors who wanted the rest of the world to know what it is like to be dour and moody. They succeeded. Golf is played by doctors on Wednesday afternoons, preppies in alligator sweaters, refugees from bowling leagues, teachers and other assorted misfits such as myself. The game has almost no redeeming values. It can lead to gambling, cheating, cussing, and wearing loud pants. It takes too long to play and costs too much. It has almost no exercise value, unless you count dodging 300 pound clods who inevitably drive golf carts and have secret aspirations of driving at the Indy 500. Yuppies do not play golf.

So why play? The dreaded answer for me is that it is an addiction, a term that has often been applied to running. Somehow, I have never quite figured out how someone can become addicted to running. I have been running for nine years, but I have never become addicted to it. (I could quit anytime I wanted to). I have run because I thought it would be healthy, I have run to race and I have run to save my chubby little self from being continually mistaken for a grounded Goodyear blimp. I have never run because I was addicted to it. Yet, put a golf club within reach and I take leave of whatever little sense I may possess. So for those of you who have never played the game, pay heed to this warning and stay away from golf. And to the poor souls who do play - give me a call when you are getting a foursome together next summer.

- Don Pridmore

S U N L I F E G R A N D P R I X S T A N D I N G S

With only two races left on the Grand Prix circuit, several top positions, including the Men's title, are still up for grabs. Many runners who are in the middle or lower part of the standings could also make sizeable gains with two good results. The standings include all of the Grand Prix events up to September 1, 1985. The standings show runners with 20 points or more.

FEMALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Marlene Costain	180	6	Myrtle Jenkins-Smith	40	2
Dorothy Gregory	153	6	Judy MacLean	32	2
Eleanor Freeman	148	6	Michelle Granger	30	1
Helen Flynn	145	6	Marion Grant	25	1
Karen Mellish-May	125	6	Natalie Clark	23	1
Marina Fay	114	6	Louvina Edwards	23	3
Janet Bradley	70	4	Marley Harris	23	1
Sandra Anderson	51	3	Denise Doucette	21	1
Rosemary Faulkner	51	3	Doris MacPhee	21	1
Rosetta Bernard	45	3	Mary Rossiter	21	1
			Susan Rogers	20	1

FEMALE - AGE GROUPS (Up to 5)

18 - 24

Doris MacPhee	21
Mary Rossiter	21
Susan Rogers	20

25 - 34

Marlene Costain	180
Dorothy Gregory	153
Karen Mellish-May	125
Marina Fay	114
Sandra Anderson	51

35 - 39

Helen Flynn	145
Janet Bradley	70
Rosemary Faulkner	51
Rosetta Bernard	45
Denise Doucette	21

40 & OVER

Eleanor Freeman	148
Louvina Edwards	23

MALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Philip Easter	166	6	Randy MacNeill	88	5
Ron Frid	159	6	Harvey Bernard	87	6
Paul Wright	150	6	Jake Baird	85	6
Don Pridmore	138	6	Brian Dunn	84	6
Don Campbell	126	6	Dave Manovill	82	6
Salam Hashem	123	6	Tony Isaacs	80	5
Ken Doucette	118	4	Mike Sullivan	79	6
Carl Phillips	116	6	Ian Griffin	77	4
Curtis DesRoche	110	6	Shawn Watters	63	3
Ewen Stewart	107	6	Brooke Gregory	60	5
Stew Freeman	99	6	Ron Lund	59	5
John Derry	96	6	Eric Manuel	57	6
Peter Kittilsen	96	5	Arnold LaMarsh	47	4

SUN LIFE GRAND PRIX STANDINGS cont'd

MALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Ninian LeBlanc	39	5	Doug MacMurdo	24	5
Linnell Edwards	38	6	Doug MacNevin	24	6
Don Harley	38	6	Tom Corcoran	23	6
Parker Lund	36	6	Colin MacAdam	22	2
Dick Jamer	35	2	Spencer Campbell	21	1
Darren Poirier	35	2	Lorne Carmichael	21	4
Blair Marriott	31	6	Karel Schoch	21	2
Bob Gray	24	6	Barry Kneabone	20	2

MALE - AGE GROUP (Up to 5)

17 & UNDER

Curtis DesRoche	110
Ron Lund	59
Darren Poirier	35
Spencer Campbell	21

18 - 24

Philip Easter	166
Randy MacNeill	88
Shawn Watters	63

25 - 34

Paul Wright	150
Don Pridmore	138
Jake Baird	85
Brian Dunn	84
Dave Manovill	82

35 - 39

Ron Frid	159
Don Campbell	126
Ken Doucette	118
Carl Phillips	116
Peter Kittilsen	96

40 - 49

Salam Hashem	123
Stew Freeman	99
John Derry	96
Arnold LaMarsh	47
Linnell Edwards	38

50 & OVER

Ewen Stewart	107
Mike Sullivan	79
Ninian LeBlanc	39

PARTICIPATION LEADERS (Out of 13 Grand Prix Races)

WOMEN

Eleanor Freeman	12
Karen Mellish-	9
May	
Marlene Costain	8
Helen Flynn	8
Dorothy Gregory	8

MEN

Harvey Bernard	13
Ron Frid	11
Mike Sullivan	11
John Derry	10
Salam Hashem	10
Doug MacNevin	10

RACE RESULTS

BELFAST MID - SUMMER JAUNT

Belfast, July 13, 1985

TOP TEN MALES

1. Ron Frid	45:07	6. Stew Freeman	49:47
2. Paul Wright	46:08	7. Dave Manovill	49:55
3. Salam Hashem	46:56	8. John Derry	50:26
4. Don Pridmore	47:45	9. Wayne T. Wright	51:00
5. Albert MacDonald	49:29	10. Lambert Pauley	51:21

TOP SIX FEMALES

1. Dorothy Gregory	52:47	4. Linda Aspin	71:19
2. Marley Harris	61:14	5. Janice MacDonald	77:02
3. Karen Mellish-May	70:04	6. Elaine Panton	90:22

FEMALES UNDER 20

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Marley Harris	1	31	61:14
Elaine Panton	2	45	90:22

FEMALES 20 - 34

Dorothy Gregory	1	16	52:47
Karen Mellish-May	2	39	70:04
Janice MacDonald	3	42	77:02

FEMALES 35 & OVER

Linda Aspin	1	41	71:19
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MALES UNDER 20

Lauchie MacLure	1	22	55:35
Drew Kellas	2	40	70:26
Daamon Ross	3	44	90:21

MALES 20 - 29

Paul Wright	1	2	46:08
Albert MacDonald	2	5	49:29
Andrew Porter	3	11	51:50
Brooke Gregory	4	14	52:38
Wayne Fraser	5	34	62:54
Don Currie	6	43	77:46

MALES 30 - 39

Ron Frid	1	1	45:07
Don Pridmore	2	4	47:45
Dave Manovill	3	7	49:55
Wayne T. Wright	4	9	51:00
Brian Dunn	5	13	52:22

BELFAST MID-SUMMER JAUNT RESULTS cont'd

<u>MALES 30 - 39</u> cont'd	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Doug Jones	1	19	54:09
Lorne Carmichael	2	20T	54:53
Roy Rodd	3	21T	54:53
Francis O'Donnell	4	23	55:46
Tom MacDonald	5	25	57:02
Tom Corcoran	6	28T	59:06
John McQuaid	7	29T	59:06
David MacNeill	8	30T	59:06
Rollin Andrew	9	32	62:26
Dennis Edgecombe	10	33	62:27
Frankie Dewar	11	36	65:46

MALES 40 & OVER

Salam Hashem	1	3	46:56
Stew Freeman	2	6	49:47
John Derry	3	8	50:26
Lambert Pauley	4	10	51:21
Linnell Edwards	5	12	52:12
Mike Sullivan	6	15	52:43
Ewen Stewart	7	17	52:48
Don Moffett	8	18	53:59
Doug MacNevin	9	24	56:58
Richard Davis	10	26	57:16
Ninina LeBlanc	11	27	58:26
Peter McGonnell	12	35	63:31
Roger Gillis	13	37	69:25
Mel Arsenault	14	38	69:46

MASTERS RECORD

Salam Hashem 46:56

MALES UNDER 20 (NON-FINISHERS)

Timmy Lynch
Richard Lynch
Alex Coffin

Wayne Panton
Race Organizer

RACE RESULTS

N O R T H S H O R E C O A S T A L R U N

10.5 Miles
French River to Malpeque, July 27, 1985

TOP TEN MALES

1. Ken Doucette	1:00:29	6. Ian Griffin	1:07:52
2. Ron Frid	1:03:34	7. Dick Jamer	1:09:07
3. Don Pridmore	1:05:46	8. Carl Phillips	1:09:34
4. Alex Coffin	1:06:45	9. Harvey Bernard	1:13:42
5. Alexander Young	1:06:45	10. Mike Sullivan	1:15:06

TOP THREE FEMALES

1. Sue Simmons	1:18:49	2. Eleanor Freeman	1:30:42
		3. Karen Mellish- May	1:38:11

FEMALES 25 - 34

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Karen Mellish-May	1	34	1:38:11

FEMALES 35 - 39

Sue Simmons	1	15	1:18:49
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FEMALES 40 & OVER

Eleanor Freeman	1	31	1:30:42
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MALES 17 & UNDER

Alex Coffin	1	4	1:06:45
Robert Pendergast	2	19	1:21:08
David Pendergast	3	30	1:30:35

MALES 18 - 24

Michael Pendergast	1	36	1:38:41
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MALES 25 - 34

Don Pridmore	1	3	1:05:46
Alexander Young	2	5	1:06:45
Ian Griffin	3	6	1:07:52
Brian Dunn	4	12	1:15:53
Jake Baird	5	13	1:16:58
Bob Gray	6	21	1:22:30
Dave Manovill	7	23	1:23:22
Blair Marriott	8	27	1:28:09
Roy Rodd	9	29	1:30:28
Ron Black	10	33	1:36:42

NORTH SHORE COASTAL RUN RACE RESULTS, July 27/85 cont'd

MALES 35 - 39

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Ken Doucette	1	1	1:00:29
Ron Frid	2	2	1:03:34
Dick Jamer	3	7	1:09:07
Carl Phillips	4	8	1:09:34
Harvey Bernard	5	9	1:13:42
John Coates	6	14	1:18:35
Tom Corcoran	7	16	1:19:00
Dave MacNeill	8	17	1:19:01
Don Harley	9	22	1:23:14
John McQuaid	10	24	1:25:15

MALES 40 - 49

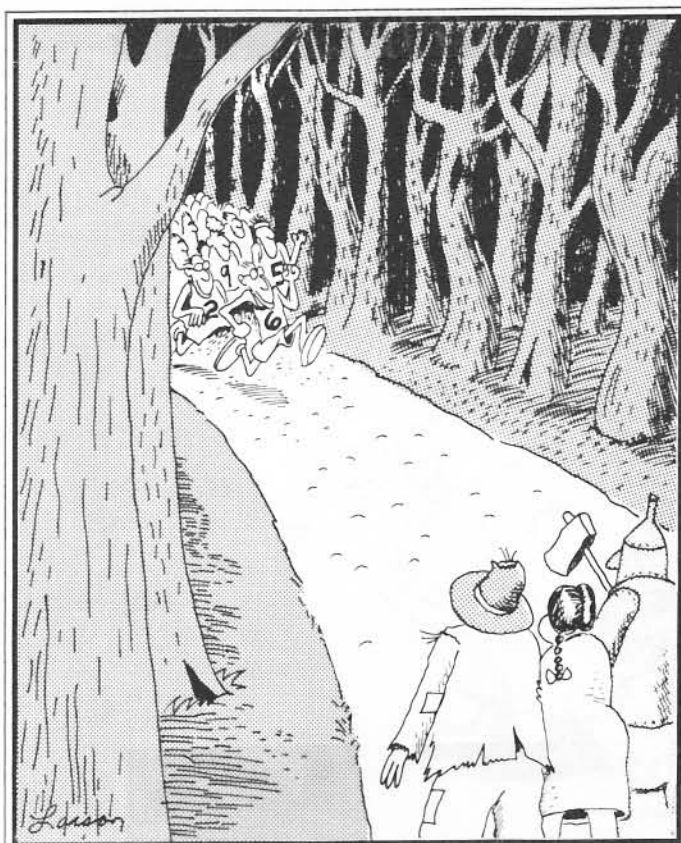
Don Routledge	1	11	1:15:48
Parker Lund	2	20	1:21:14
Bert Mills	3	25	1:26:02
Peter McGonnell	4	26	1:28:00
Doug MacNevin	5	28	1:28:09
Joe Paquette	6	32	1:32:15

MALES 50 & OVER

Mike Sullivan	1	10	1:15:06
Ninain LeBlanc	2	18	1:20:06

*NOTE: No age categories were recorded for:

Art Gough	1:38:27
Bill Gough	1:43:47
Chandler Jackson	1:43:51



RACE RESULTS

A D L T Y N E V A L L E Y 2 0 M I L E R O A D R A C E

Tyne Valley, August 3, 1985

* - New Open Race Record

TOP TEN MALES

1. Ken Doucette	1:57:12*	6. Carl Phillips	2:17:04
2. Kent Leslie	2:07:16	7. Harvey Bernard	2:18:42
3. Don Campbell	2:08:14	8. John Derry	2:19:50
4. Paul Wright	2:09:44	9. Ewen Stewart	2:24:21
5. Bill MacEachern	2:12:34	10. Stew Freeman	2:27:43

TOP THREE FEMALES

1. Sue Simmons	2:39:04	2. Eleanor Freeman	3:00:37
3. Karen Mellish-May	3:17:23		

FEMALES 25 - 34

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Karen Mellish-May	1	26	3:17:23

FEMALES 35 - 39

Sue Simmons	1	16	2:39:04
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FEMALES 40 & OVER

Eleanor Freeman	1	25	3:00:37
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MALES 19 - 24

William Gough	1	23	2:56:50
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MALES 25 - 34

Kent Leslie	1	2	2:07:16
Paul Wright	2	4	2:09:44
Bill MacEachern	3	5	2:12:34
Jake Baird	4	12	2:28:25
Peter MacPherson	5	18	2:41:20
Blair Marriott	6	19	2:43:28
Bob Gray	7	21	2:52:35
Roy Rodd	8	22	2:54:24

MALES 35 - 39

Ken Doucette	1	1	1:57:12
Don Campbell	2	3	2:08:14
Carl Phillips	3	6	2:17:04
Harvey Bernard	4	7	2:18:42
Terry Edgett	5	13	2:28:42
Don Harvey	6	15	2:36:31
Ken Jones	7	24	2:57:41

ADL TYNE VALLEY 20 MILE ROAD RACE RESULTS

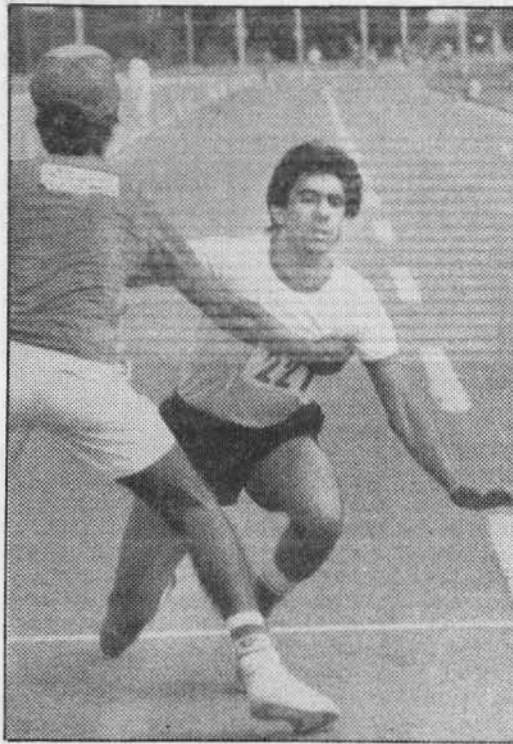
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MALES 40 - 49

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
John Derry	1	8	2:19:50
Stew Freeman	2	10	2:27:43
Carl Stark	3	11	2:27:46

MALES 50 & OVER

Ewen Stewart	1	9	2:24:21
Mike Sullivan	2	14	2:31:29
Ninian LeBlanc	3	17	2:40:15
Art Gough	4	20	2:46:37



OVERCOME

Globe and Mail, Thomas Szukovenyi

Ali Ghanbari collapses after completing the Aga Khan 10-kilometre run for charity yesterday near the Metro Toronto Zoo. The runner is caught by a worker as he

crosses the line (left) and is carried out of the way by other runners. At right, he is given emergency aid by a St. John Ambulance corpsman before going to hospital.

My, how the media love to pick up on collapsing runners! Why don't we ever see pictures of football players, hockey players, etc. being carted off?

1985 STANHOPE BEACH LODGE NATIONAL PARK 10K
AUGUST 10, 1985

First mention goes to the volunteers who ensured the success of this run: Jake Baird, Ron Beaton, Rhonda Cooper, Brian and Kathy Dunn, Connie Egan, Jeffrey Farrington, Marina Fay, Jonathan Freeman, Ron Frid, Don Harley, Kay Lund, Dean MacMillan, Doug McNevin, Foch and Treva McNally, Karen Mellish-May, Donna and Sherra Profit and Ewen Stewart. Many thanks go to the race sponsor, Stanhope Beach Lodge, and to Parks Canada for their continued co-operation.

In winning the 1985 run Ken Doucette broke the 1984 race record of Dale Irwin by 5 seconds, while Marlene Costain chopped 7.17 off the ladies mark. Salam Hashem took 32 seconds off Jim Wyatt's Masters record and Helen Flynn bettered her own Ladies Masters time of the year before by 2.31.

The results follow:

POS	TIME	LAST NAME	FIRST NAME	CAT	C/POS	CITY/TOWN
1	33.17	DOUCETTE	KEN	M35-39	1	SUMMERSIDE
2	33.21	EASTER	PHILIP	M18-24	1	SHERWOOD
3	34.17	MacNEILL	RANDY	M18-24	2	WINSLOE
4	34.33	FRID	RON	M35-39	2	YORK
5	34.40	WRIGHT	PAUL	M25-34	1	BEDEQUE
6	35.06	JOBE	ROBERT	M35-39	3	NEW GLASGOW, NS
7	35.11	ALLISON	BRUCE	M25-34	2	HAMILTON, ONT
8	35.31	MacEACHERN	BILL	M25-34	3	WESTVILLE, NS
9	35.42	HASHEM	SALAM	M40-49	1	CH'TOWN
10	36.07	SCANNELL	GORDON	M25-34	4	MAINE
11	36.12	McCULLOCH	ROB	M18-24	3	ST CATHARINES, ONT
12	36.29	COFFIN	ALEX	M<18	1	SAINT JOHN, NB
13	36.54	YOUNG	REX	M40-49	2	GREENWOOD, NS
14	37.04	PHILLIPS	CARL	M35-39	4	TYNE VALLEY
15	37.17	GRIFFIN	IAN	M25-34	5	CHELTON
16	37.27	COSTAIN	MARLENE	F25-34	1	CORNWALL
17	37.32	SCHOCH	CARL	M25-34	6	CH'TOWN
18	37.43	JAMER	DICK	M35-39	5	SLEMON PARK
19	37.53	MANOVILL	DAVID	M25-34	7	CH'TOWN
20	37.59	STEWART	EWEN	M50+	1	CH'TOWN
21	38.57	FREEMAN	STEW	M40-49	3	N. GRANVILLE
22	39.12	DERRY	JOHN	M40-49	4	CH'TOWN
23	39.22	BAIRD	JAKE	M25-34	8	CH'TOWN
24	39.40	VIOLETTE	EDDIE	M18-24	4	GREENWOOD, NS
25	39.54	SCANNELL	DAVID	M25-34	9	CONN.
26	39.57	BERNARD	HARVEY	M35-39	6	CROSSROADS
27	39.59	GEIS	GEORGE	M40-49	5	PEABODY, MASS
28	40.08	MANUEL	ERIC	M25-34	10	CH'TOWN
29	40.30	SULLIVAN	MIKE	M50+	2	BUNBURY
30	40.49	ELLIS	DON	M25-34	11	CORNWALL
31	40.57	COOPER	CARL	M40-49	6	CH'TOWN
32	41.11	ALLISON	BETH	F19-24	1	HAMILTON, ONT
33	41.29	MacKAY	ED	M25-34	12	TRURO, NS
34	41.32	MOFFETT	DON	M50+	3	SHERWOOD
35	42.35	LUND	PARKER	M40-49	7	CH'TOWN
36	42.40	RAMSAY	JAIMIE	M25-34	13	CAMBRIDGE, UK
37	42.55	CORCORAN	TOM	M35-39	7	CH'TOWN
38	42.55	LeBLANC	NINIAN	M50+	4	W.ROYALTY
39	42.56	MARRIOTT	BLAIR	M25-34	14	CH'TOWN

40	43.17	FLYNN	HELEN	F35-39	1	SHERWOOD
41	43.32	MacNEVIN	DOUG	M40-49	8	CH'TOWN
42	44.40	GRAY	BOB	M25-34	15	SOUTHPORT
43	45.01	DUMVILLE	BUSH	M40-49	9	CH'TOWN
44	45.10	MacQUAID	JOHN	M35-39	8	CH'TOWN
45	45.24	MacDONALD	ROY	M<18	2	HALIFAX, NS
46	45.28	MacDONALD	TOM	M35-39	9	SOURIS
47	45.36	ROSSITER	EUGEME	M25-34	16	CH'TOWN
48	45.42	MOSHER	ALBERT	M35-39	10	CH'TOWN
49	46.10	CROWLEY	DAVID	M35-39	11	MONTREAL, PQ
50	46.55	WEARRING	ANDY	M18-24	5	CH'TOWN
51	47.00	MOORE	GARTH	M25-34	17	TORONTO, ONT
52	47.14	McDONNELL	FRANK	M40-49	10	KANATA, ONT
53	47.18	MacDONALD	JOHN K	M40-49	11	HALIFAX
54	47.27	HARRIS	MARLEY	F>19	1	MURRAY HARBOUR
55	47.38	DARLINGTON	DAVID	M40-49	12	CH'TOWN
56	47.50	MacDONALD	TONI	F40+	1	HALIFAX, NS. B3K 5A4
57	48.07	FRASER	J WAYNE	M25-34	18	CH'TOWN
58	48.23	DOUCETTE	DENISE	F35-39	2	SUMMERSIDE
59	48.29	DEWAR	FRAN	M25-34	19	VERNON
60	48.36	BRADLEY	BRIAN	M35-39	12	BUNBURY
61	48.42	MATHESON	ROY	M50+	5	SOUTHPORT
62	48.43	McGONNELL	PETER	M40-49	13	CH'TOWN
63	48.54	MacKINNON	CHRIS	M<18	3	SHERWOOD
64	48.59	MacDONALD	DAVID	M40-49	14	LITTLE YORK
65	49.12	FREEMAN	ELEANOR	F40+	2	N. GRANVILLE
66	49.22	CAMPBELL	DAVID	M25-34	20	CH'TOWN
67	49.44	PAQUET	JOE	M40-49	15	KENSINGTON
68	49.49	SILLS	ARTHUR	M40-49	16	CAMBRIDGE, MASS
69	50.45	McBRIDE	DAVID	M50+	6	HALIFAX
70	50.52	FAY	MARINA	F25-34	2	CH'TOWN
71	52.55	MORRISON	FRANK	M35-39	13	PLEASANT GROVE
72	52.57	JAMER	JAN	F35-39	3	SLEMON PARK
73	53.09	MANGAN	MARY	F40+	3	ARLINGTON, MASS 02174
74	53.10	BRADLEY	JANET	F35-39	4	BUNBURY
75	53.42	GILLIS	ROGER	M40-49	17	KINROSS
76	54.50	ARSENAULT	MEL	M40-49	18	CH'TOWN
77	55.02	ELLIOTT	WENDY	F>19	2	ORILLIA, ONT. L3V 4A7
78	55.22	HUGGINS	BOB	M25-34	21	OTTAWA, ONT
79	55.35	HUNT	SEAN	M35-39	14	WOODBRIIDGE, ONT
80	55.36	MELLISH-MAY	KAREN	F25-34	3	CH'TOWN
81	56.00	CARTER	LISA	F>19	3	KENSINGTON
82	59.19	HARRIS	ED	M50+	7	MONCTON, NB
83	59.35	MacCALLUM	JIM	M35-39	15	MARSHFIELD
85	60.40	STEAD	EVELYN	F40+	4	KANATA, ONT
84	60.40	MacINNIS	LAWRENCE	M50+	8	GUYSBOROUGH, NS
86	60.51	CARTER	BETH	F40+	5	KENSINGTON
87	61.35	HUGGINS	BRENDA	F25-34	4	OTTAWA, K1S 2J4
88	63.41	MacFARLANE	DAVID	M40-49	19	GEORGETOWN, ONT
89	64.22	BUTLER	FRANK	M25-34	22	PEI
90	64.25	RAMSAY	JANE	F25-34	5	CH'TOWN
91	65.07	LHYLE	MARK	M<18	4	PHOENIX, ARIZ
92	65.20	CARTER	IAN	M40-49	20	KENSINGTON
93	70.59	CARTER	CINDY	F>19	4	KENSINGTON
	99999	ELLIOTT	KIM	F>19	DNF	ORILLIA, ONT

P.S. The race raised \$221.00 for the Sportspeople for Africa Fund. Thank you, runners and Stanhope Beach Lodge!

Bunty Albert
Race Director 85/09/19

RACE RESULTS

K E N S I N G T O N H A R V E S T F E S T I V A L H A L F M A R A T H O N

Kensington, August 24, 1985

TOP TEN MALES

* New Open Records

1. Ken Doucette	1:14:03*	6. Don Pridmore	1:19:52
2. Gerald Romme	1:15:36	7. Tim Dalling	1:20:52
3. Ron Frid	1:15:54	8. Ian Griffin	1:22:10
4. Mark Shupe	1:17:47	9. Wayne Gerrior	1:22:29
5. Gord Crowell	1:19:05	10. Tony Isaacs	1:23:19

TOP TWO FEMALES

1. Michelle Granger	1:45:58*	2. Janet Bradley	2:01:50
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FEMALES 25 - 34

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Michelle Granger	1	27	1:45:58

FEMALES 35 - 39

Janet Bradley	1	34	2:01:50
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MALES 17 & UNDER

Terry Penfold	1	12	1:24:09
James Smirle	2	33	1:59:08

MALES 18 - 24

Gerald Romme	1	2	1:15:36
Mark Shupe	2	4	1:17:47

MALES 25 - 34

Gord Crowell	1	5	1:19:05
Don Pridmore	2	6	1:19:52
Ian Griffin	3	8	1:22:10
Tony Isaacs	4	10	1:23:19
Ken Priddle	5	13	1:25:28
Scott Smith	6	16	1:26:33
David Scannell	7	18	1:29:10
Brian Dunn	8	19	1:29:50
Jake Baird	9	21	1:33:03
Eric Manuel	10	23	1:37:19
Blair Marriott	11	25	1:37:47

KENSINGTON HARVEST FESTIVAL HALF MARATHON RESULTS cont'd

MALES 35 - 39

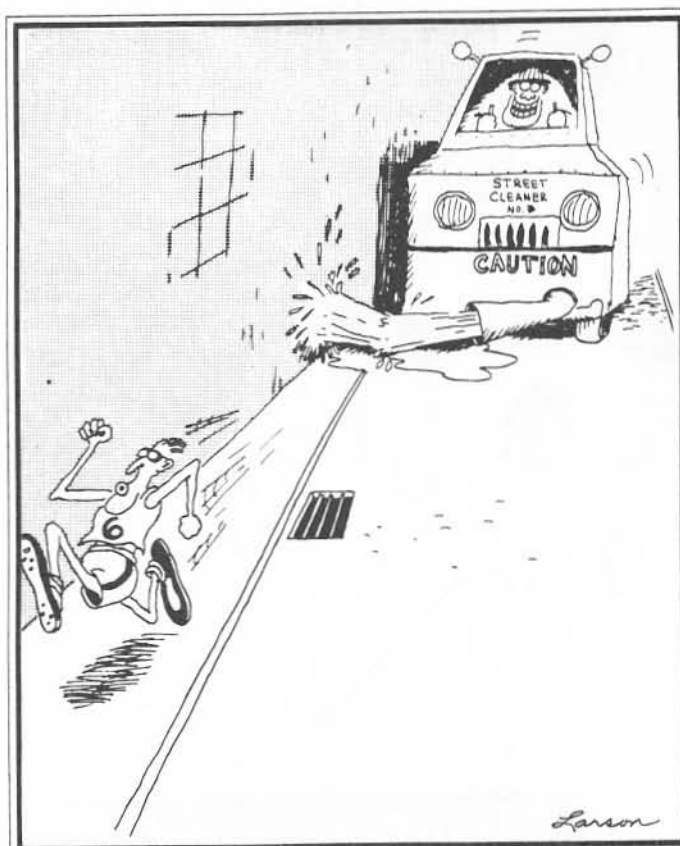
	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Ken Doucette	1	1	1:14:03
Ron Frid	2	3	1:15:54
Tim Dalling	3	7	1:20:52
Carl Phillips	4	11	1:23:21
Terry Edgett	5	17	1:28:44
Harvey Bernard	6	20	1:29:50
Brian Bradley	7	30T	1:56:44

MALES 40 - 49

Wayne Gerrior	1	9	1:22:29
John Derry	2	15	1:26:09
Ted Itani	3	24	1:37:38
Lloyd MacCallum	4	28	1:47:58
John Forster	5	29	1:54:12
Linnell Edwards	6	30T	1:56:44
Peter McGonnell	7	30T	1:56:44

MALES 50 & OVER

Ewen Stewart	1	14	1:25:34
Mike Sullivan	2	22	1:33:03
Darrah Murray	3	26	1:44:52



RACE RESULTS

NATIONAL VIDEO / CFCY ISLAND MARATHON

Charlottetown, September 1, 1985

MARATHON RESULTS

TOP TEN MALES

1. Bert DeVries	2:40:14	6. Don Campbell	2:52:03
2. Paul Wright	2:42:44	7. Glenn Chenell	2:56:56
3. Philip Easter	2:43:32	8. Carl Phillips	3:01:28
4. Salam Hashem	2:44:44T	9. Ewen Stewart	3:06:36
5. Walter Williams	2:45:44T	10. Bill MacEachern	3:09:33

TOP THREE FEMALES

1. Beverly Williams	3:14:53	2. Helen Flynn	3:34:28
3. Elaine Gallant	4:02:57		

FEMALES 25 - 34

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Beverly Williams	1	13	3:14:53
Elaine Gallant	2	46	4:02:57
Marion Grant	3	47T	4:06:51
Mary Smith	4	47T	4:06:51

FEMALES 35 - 39

Helen Flynn	1	28	3:34:28
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FEMALES 40 & OVER

Eleanor Freeman	1	49	4:19:30
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MALES 17 & UNDER

Jim Millican	1	20	3:26:18
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MALES 18 - 24

Philip Easter	1	3	2:43:32
Perry Mailman	2	30	3:36:20
Reagh Ellis	3	36T	3:41:46
Paul Burnley	4	39	3:43:22
Barry Quesnel	5	52	4:54:46

MALES 25 - 34

Paul Wright	1	2	2:42:44
Glenn Chenell	2	7	2:56:56
Bill MacEachern	3	10	3:09:33
Ian Griffin	4	11	3:11:00
Ken McClair	5	12	3:12:21
Terry Moore	6	14	3:15:07

NATIONAL VIDEO/CFCY ISLAND MARATHON RESULTS cont'd

<u>MALES 25 - 34</u>	cont'd	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
David Ballum		7	15	3:17:46
Kevin Peters		8	18	3:23:50
Jake Baird		9	19	3:24:58
Eric Manuel		10	22	3:28:55
Carel Schoch		11	32	3:36:58
Allen Boertien		12	33	3:37:56
Blair Marriott		13	34	3:38:56
Peter MacPherson		14	35	3:39:53
Butch Postma		15	40	3:47:07
Roy Rodd		16	43	3:50:16
Francis O'Donnell		17	50	4:20:58
Shane MacClure		18	51	4:26:27

MALES 35 - 39

Bert DeVries	1	1	2:40:14
Don Campbell	2	6	2:52:03
Carl Phillips	3	8	3:01:28
Harvey Bernard	4	24T	3:31:17
John Campbell	5	26	3:32:25
Don Harley	6	29	3:34:48
Ken Jones	7	31	3:36:48
Dave Edmond	8	36	3:41:46
Tom Corcoran	9	38	3:42:10
Don MacInnis	10	45	3:56:46

MALES 40 - 49

Salam Hashem	1	4T	2:45:44
Walter Williams	2	4T	2:45:44
John Derry	3	16	3:19:22
Stew Freeman	4	17	3:21:57
Christopher Hollebhone	5	21	3:27:33
Parker Lund	6	27	3:33:17
Lambert Pauley	7	41	3:48:39
Doug MacNevin	8	44	3:51:46

MALES 50 & OVER

Ewen Stewart	1	9	3:06:31
Ninian LeBlanc	2	23	3:30:07
Mike Sullivan	3	24T	3:31:17
John Land	4	42	3:49:45

HALF-MARATHON RESULTS

TOP TEN MALES

1. Ken Doucette	1:18:41	6. Dick Jamer	1:23:33
2. Stephen MacKenzie	1:21:17	7. Stephen Moores	1:24:13
3. Don Pridmore	1:21:24	8. Kevin Murphy	1:25:31
4. Robert Jobe	1:21:42	9. Vince MacDonald	1:25:43
5. Jim Wyatt	1:21:45	10. Terry Hampel	1:25:44

HALF-MARATHON RESULTS cont'd

TOP THREE FEMALES

1. Rebecca Richards 1:22:28 2. Doris MacPhee 1:38:13
 3. Ena MacPherson 1:38:49

<u>FEMALES 18 - 24</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Rebecca Richards	1	6	1:22:28
Doris MacPhee	2	30	1:38:13

<u>FEMALES 25 - 34</u>			
Ena MacPherson	1	31	1:38:49
Marie Harvey	2	40	1:47:11
Rhonda Cooper	3	43	1:48:56
Dianne Bradley	4	46	1:50:38
TanyaGregory	5	47	1:50:41
Karen Mellish-May	6	50	1:59:36
Judy MacLean	7	51	2:00:11

<u>FEMALES 35 - 39</u>			
Jeanne Jamer	1	55	2:10:00

<u>MALES 17 & UNDER</u>			
Alex Coffin	1	22	1:31:41
Lauchie MacLure	2	35	1:41:51

<u>MALES 18 - 24</u>			
Maurice Tierney	1	25	1:33:11
Glenn Smiley	2	32	1:39:33
Ray Vallieres	3	34	1:40:53
Tracy MacEachern	4	44	1:49:59

<u>MALES 25 - 34</u>			
Stephen MacKenzie	1	2	1:21:17
Don Pridmore	2	3	1:21:24
Stephen Moores	3	8	1:24:13
Ralph Murphy	4	12	1:26:11
Tim Westhaver	5	17	1:29:48
Gary Hilton	6	19	1:30:34
Blaine Paterson	7	24	1:32:03
Chris Butt	8	26	1:33:26
Jim White	9	29	1:37:27
Wayne Fraser	10	42	1:48:27
Joe Gillan	11	45	1:50:14
Dan O'Brien	12	49	1:52:02
Stephen Jenkins	13	52	2:00:59

HALF-MARATHON RESULTS cont'd

<u>MALES 35 - 39</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Ken Doucette	1	1	1:18:41
Robert Jobe	2	4	1:21:42
Dick Jamer	3	7	1:23:33
Kevin Murphy	4	9	1:25:31
Vince MacDonald	5	10	1:25:43
Terry Hampel	6	11	1:25:44
Bob Sagor	7	13	1:27:15
John White	8	15	1:29:13
Garry Smith	9	16	1:29:16
Bob Reid	10	18	1:30:06
Dave Wood	11	28	1:37:09
Dennis Edgecombe	12	36	1:42:40
Albert Mosher	13	37	1:42:52
John McQuaid	14	38	1:44:38
Brian Bradley	15	39	1:46:34
Don Smith	16	48	1:51:54

MALES 40 - 49

Jim Wyatt	1	5	1:21:45
Jim MacDonnell	2	14	1:28:44
Alfred Groom	3	20T	1:31:22
Linnell Edwards	4	23	1:32:02
Frank Hubley	5	27	1:35:38
Gene Harvey	6	33	1:40:23
Peter McGonnell	7	41	1:47:45
Ian Glass	8	53T	2:02:56
Mel Arsenault	9	53T	2:02:56

MALES 50 & OVER

Don Reeves	1	20T	1:31:22
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10 K RESULTS

TOP TEN MALES

1. Mike Hamilton	33:34	6. Danny Viney	37:32
2. Randy MacNeill	34:36	7. Neil Robertson	37:48
3. Mark Dunphy	36:12	8. Scott Forbes	37:51
4. Tony Isaacs	36:15	9. Wayne Gerrior	38:01
5. Curtis DesRoche	36:34	10. Ken Blum	38:26

TOP THREE FEMALES

1. Marlene Costain	36:36	2. Dorothy Gregory	42:44
3. Helena Piccinini	42:48		

FEMALES 17 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Vanessa Lund	1	52	55:33

10 K RESULTS cont'd

<u>FEMALES 25 - 34</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Marlene Costain	1	6	36:36
Dorothy Gregory	2	19	42:44
Helena Piccinini	3	20	42:48
Michele Granger	4	30	46:26
Myrtle Jenkins-Smith	5	35	47:45
Sandra Schwartz	6	47	53:57
Margaret Westhaver	7	48	54:03
Susan Paterson	8	49	54:05
Zena Tooze	9	50	54:10
Velda Nicholson	10	56	58:11
<u>FEMALES 35 - 39</u>			
Claire Sagor	1	39	50:44
Rosetta Bernard	2	51	54:15
Rosemary Faulkner	3	55	58:10
<u>FEMALES 40 & OVER</u>			
Samera Balfour	1	38	49:55
Sandra Millican	2	46	53:07
Kay Lund	3	53	55:34
<u>MALES 17 & UNDER</u>			
Curtis DesRoche	1	5	36:34
Chris McMackin	2	25	44:47
<u>MALES 18 - 24</u>			
Mike Hamilton	1	1	33:34
Randy MacNeill	2	2	34:36
Mark Dunphy	3	3	36:12
Danny Vinney	4	7	37:32
Neil Robertson	5	8	37:48
Ken Blum	6	11	38:26
Eddie Violette	7	12	38:36
Terry Thomas	8	14	39:16
Blair Paquet	9	18	42:24
Dennis Jamieson	10	22	43:28
Graham Shaw	11	32	47:00
Philip Muise	12	33	47:11
Wayne Bernard	13	42	52:28
<u>MALES 25 - 34</u>			
Tony Isaacs	1	4	36:15
Scott Forbes	2	9	37:51
Brooke Gregory	3	15	39:37
Bernard Green	4	28	46:01
Tom Carr	5	29	46:22
Eugene Rossiter	6	34	47:24
Bruce Hamilton	7	37	49:37
Joe Murphy	8	41	52:22
Peter Gallant	9	43	52:30
Allan MacDonald	10	44	52:38
Frank Butler	11	57	60:45

10 K RESULTS cont'd

MALES 35 - 39

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Terry DeLong	1	13	39:01
Barry Kneabone	2	23	43:59
Gordon Warnica	3	24	44:40
Malcom Hutt	4	26	45:07
Ian MacLean	5	45	52:41
Errol MacLure	6	54	56:23

MALES 40 - 49

Wayne Gerrior	1	10	38:01
Carl Cooper	2	17	40:42
Tom MacDonald	3	21	42:55
Bush Dumville	4	27	45:30
David Balfour	5	31	46:39
Roy Scantlebury	6	36	49:17
Jack Stewart	7	40	51:59



RUN

FOR THE



ORGANIZERS: P.E.I. Roadrunners Club

SITE: Bunbury Nursery, Bunbury Road Sales Building
For information, call 569-2765

DISTANCE: Children 5 - 12 years 1 km
Children 12 - 16 years 1.5 km
Adults 5 km

DATE: October 26, 1985 at 2:00 p.m.
(Rain or Snow Date - October 27, 1985)

REGISTRATION: 1:00 - 2:00 p.m. at the Bunbury Nursery

ENTRY FEE: 25¢ to cover cost of refreshments
50¢ if you are not wearing something orange.

AWARDS: Pumpkin Prizes by entry number.
Fun Prizes

NOTE**

This is a cross-country Fun Run for everyone. Bring the family, girlfriend, boyfriend, parents, the one you live with, senior citizens, etc. and come and enjoy the autumn leaves, our company, and get fit!!



Flash

THE P.E.I. ROADRUNNERS CLUB

WANTS

YOU!

TO COME OUT AND ENJOY YOURSELF AT A

"ROADRUNNER GET-TOGETHER"

TUESDAY, NOVEMBER 5, 1985
7:30 P.M.

QUEEN CHARLOTTE SCHOOL
NORTH RIVER ROAD
CHARLOTTETOWN

*Munchies!
Juice!
Coffee!*

Bring your spouse!

*Bring a beginning
runner friend!!*

ROADRUNNER LANCE MIRON WILL PRESENT A BRIEF EXPOSÉ
OF

"AWARENESS ON C.P.R."

WEAR YOUR WILDEST RUNNING T-SHIRT

*Bring one serious
running tip!*

*Bring one humorous
running tip or
short story (clean!!)*

COME + ENJOY
Yourself!

EAST COAST ATHLETICS CLUB

2360 Newton Avenue

Halifax, N. S.

B3L 3C3

September 9, 1985

Mr. Dave Manovill
Race Chairman, Island Marathon
P. O. Box 302
Charlottetown, P.E.I.
C1A 7K7

Dear Mr. Manovill:

We would like to thank you for the pleasant experience of your Island Marathon on September 1, 1985. Among the factors which greatly contributed to your successful race were: the frequency of water stops; water cups with tops and straws; courteous timers; efficient traffic control; effective spotters and checkers; eye-level kilometer signs; supportive fans; and courteous drivers.

As well, we were impressed by the professional handling of the finish line, the kindness of the St. John's Ambulance people who knew how best to make us comfortable, and the generous supply of refreshments.

Also, the explanation given in reference to the communication foul-up in the half marathon was superbly done and we, as onlookers, felt no one could dispute your firm decision.

Lastly, the presentation and quality of awards were second to none and the evening reception gave us a welcomed chance to meet other runners and volunteers, a chance that normally is missed when everyone is naturally eager to return home and rest.

Overall, our race experience with you was an unqualified success, even without the restaurant and hotel discounts, which certainly made our visit complete. Please pass our compliments to whomever was involved as part of your operation and be assured that we will spread the word of your success.

Hopefully we'll see you again next year.

Yours truly,



Beverley & Walter Williams

8 T H A N N U A L D U N K R I V E R R U N

SPONSORS - - - - - Callbeck's Ltd. and Campbell & Burns Machinery
Central Bedeque

DISTANCE - - - - - 7.3 Miles (11.7 Km)

DATE - - - - - Saturday, November 9, 1985

REGISTRATION TIME - - - 1:00 - 1:50 p.m.

STARTING TIME - - - - - 2:00 p.m. SHARP!

POLICING - - - - - R.C.M.P.

MEDICAL SERVICE - - - - St. John's Ambulance

CHANGE FACILITIES - - - Bedeque & Area Recreation Centre

AGE CLASSIFICATIONS - - (As per 1985 Grand Prix format)

<u>MALE</u>	<u>FEMALE</u>
17 & Under	17 & Under
18 - 24	18 - 24
25 - 34	25 - 34
35 - 39	35 - 39
40 - 49	40 & Over
50 & Over	

AWARDS - - - - - Trophies: Top Five Men and First Female
Male & Female Masters
Most Improved Runner

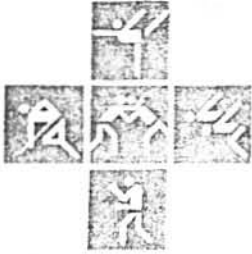
Medals: Age Category Winners
Sixth through Tenth Place
Fifth Place Female Finisher (if she did
not win her age category).

Ribbons: Second and Third per Category
Certificates will be presented to all finishers.

ENTRY FEE - - - - - \$3.00

COURSE RECORDS - - - - - Male - Gary Shupe: 38:55 (1983)
Female - Marlene Costain: 45:01 (1983)
Male Masters - Tom Conway: 40:15 (1983)
Female Masters - Rosemary Faulkner: 52:33 (1981)

AWARDS PRESENTATIONS IN THE BOARD ROOM AT THE RECREATION CENTRE TO BEGIN AT
3:30 P.M.!



Nova Scotia
Sport Medicine
Clinic

Halifax Civic Hospital
5938 University Ave.
Halifax, Nova Scotia B3H 1V9

Injury Prevention

Pre- During- Post Race

Freeman Churchill, B.Sc., B.P.E.

Before race:

1. Train specifically to include distances you intend to race.
2. Be rested before the race. Cut back intensity and duration a few days before.
3. Break in the shoes you intend to race in.
4. Warm up and stretch well prior to race.
5. Be hydrated before the race. Drink water to make sure you are not dry before and during the initial stages of the race.

During race:

1. Pace yourself sensibly. Begin the race at the pace you wish to average for the final time.
2. Wear adequate footwear. Racing shoes will not work well for everyone. Be sure to wear shoes you are well accustomed to.
3. Replace fluids during the race. Drink water before you feel the need to.
4. Avoid sponging legs and stepping in puddles. Blisters are often the result of your feet getting wet this way. Many runners have further injured themselves by trying not to aggravate blisters.
5. When you are hurting badly, step out of the race. Let other runners or race officials know so you can be attended to.

After race:

1. Keep moving immediately afterwards. Avoid sitting, walk, then jog for a few minutes. Stretch easily and stay warm.
2. Replace fluids with water. Beer and pop may taste nice but get water first.

running on hard-paved surfaces.

6. The distance raced is very often greater than a runner has ever run or trained for. They become exhausted well before the finish. Inexperienced runners are most often those who ache the most and never really know why. Patience must prevail. There are some things that each of us must experience for ourselves. The School of Hard Knocks!

After the Marathon

One of the few nice feelings I experience the first day after having run a marathon is that I have earned this day off. No run. Just rest and retrospect for me. This usually feels so good I take up the sport of "Not Running" for at least 4 more days. This is something many others have done. Unfortunately, many still do not. Instead they push their bodies out the door on legs which feel like someone has extracted the elasticity from with a giant syringe. Each footstrike is followed by a grunt or facial grimace, and the re-enactment of the back 4 miles of the event that brought all this on.

There is really little, if any, real benefit to running for the first few (3-4) days after having run a marathon. Muscle stiffness in the thighs, calfs, Achilles tendons are telling you they are hurt and don't want to be run, thanks for asking though! When they wish to be run, they likely won't object to getting up out of bed, walking upstairs, or downstairs, or spending more than 5 minutes on your feet.

Another very good reason for not doing anything strenuous is that this overwhelming stiffness may very well "blanket" other injuries resulting from a marathon. Stress fractures or bones on the edge of this point may show themselves only after this muscle stiffness has left. Exercise that does not require you pounding or supporting yourself such as cycling and swimming will allow you to keep moving without risk of injury during your post-marathon recovery period. You should resume your running only when you can run pain-free with the same style you train with. If you must drastically change form to accomodate pain, stop running!

The first few runs should be well planned and short. Resist the temptation to go out for a burn with someone who didn't "just run a marathon" because they could bury you! Cut you your regular runs for the first week running back to 25% your regular distance or time. The second week back, resume to 50% regular workouts, 75% for the third week and provided you feel good and are without pain, 100% the fourth week after. Keep in mind that during this period, there should be little, if any, hard training.

After you have run your marathon, take the rest you deserve. If you are doubtful, ask you legs!

When Resuming training

George Sheehan's Formula - "Take a rest day for each mile raced."

This means easy training, not necessarily off. It is conservative but effective.

Points to Ponder:

1. Many tissues are exhausted and weakened from racing, hence, they are not capable of handling regular or heavy workouts without the risk of injury.
2. Mentally, many runners feel very high after a good race. Physically, most runners are a bit low. This combination has done in many a good runner... don't be fooled. Until you are completely rested your body will not be able to perform (especially race) optimally.
3. If you are so sore after a race that you must change your style, don't run. The problem here is that you will be trying to support your body in ways your body is not designed to and has no fitness for.
4. It may take a couple days after a race for some aches or injuries to make their presence known. Very often 48 hours later the aches begin to flood your legs the worst.
5. A great number of race-related injuries occur in the first few days after a race as apposed to the race itself. Be really careful.

Why do we get sore and sometimes injured from racing?

1. You push your self harder and longer than usual training days.
2. Excessive pounding, especially on the downhills. Downhills cause a great deal of delayed-onset muscle soreness in the thighs and calf.
3. Changing form; a) when you spend more time on your toes there will be extra stress put on the forefoot from landing and pushing off on it, b) more forefoot running will stress additionally the calf and Achilles tendon. c) when spending more time on your foot in ways it is not used to, you may blister because there is little protection on that area of your foot.
4. Friction. Feet may become wet and slide from sponge and hose stations. They may become overheated and sweat more than usual too.
5. Unusual surfaces. Some roads will be excessively sloped, some courses will be hillier than many are used to training on, some will not be used to

S P R I N T S A N D I N T E R V A L S

Don't forget if you are looking for someone to run with in Queens County, Stewart Striders meet at the K-mart parking lot at the top of Queen Street at 5:45 a.m. As well, the Southcross Buns meet and run as fast as the slowest runner Monday nights at 7:00 p.m. (wear a reflective vest for this one). They meet at Bunbury Hall. Call 569-2765 or 569-4373. Both groups run for about an hour but you could drop off at your own designated time. Happy running!

* * * * *

Looking for a self-help book on sport injuries? There is a new one out at the Public Library by Malcolm Read, M.D. It is a 1984 book so it is nice and recent. The book is a unique self-diagnosis and treatment with pictures, tells how to diagnose injury, explains the cause, gives the treatment, and gives you the training program for recovery. It, as well, goes sport by sport so if you can't run, it gives you comparable swimming and biking therapy, etc. Finally, there is a chapter on your sports injury kit. The catalogue number is 617 REA. Guess what?! It is not American this time. It's British!

* * * * *

Don't speak to the Editor these days. He sends his humblest apologies for this rather brief Newsletter and said that he has had too many pressing commitments this fall to spend very much time on it. He said he hasn't even been getting time to run recently, but we heard that someone caught him studying golf brochures the other day. So, without any co-operation from the Editor, we have no alternative but to close off this edition by thanking those who did contribute to the Newsletter, including Janet Doiron at Sport P.E.I. for typing and production. Let's hope the Editor gets his act together for the next edition!

PRODUCED BY SPORT P.E.I.