

40 YEARS OF RUNNING in the BUNBURY MARATHON AND HALF MARATHON (Now the Bunbury 3 Waters Running Festival)

1998

The 1998 marathon was to be over a revised course, thanks to Steve Stone and Steve Jones who measured and had the course accredited with Athletics Australia.

Measuring a course is a marathon effort on its own!

Another innovation this year was the separate starting times for the events – 7 am for the marathon and 8 am for the half. The idea was that there would always be another runner in sight on the course and runners finishing closer together thus shortening the overall time of the event for all concerned.

The whiteboard covering most of one wall of the new clubrooms was erected for this, the 17th annual marathon.

The aim here was to encourage, or shame, runners by entering the amount of training they completed each week.

Encouragement was also given to novices in both events, although how they liked being described as horses is a moot point.

Karen Gobby won the women's half marathon in 1.24.56.

The number of participants increased on the previous year which Ian Gibbs attributed in part to promotion on the Internet. There were 62 starters in the marathon and 142 in the half.

The reputation of this event as the friendly marathon continues to grow.

Conditions were windy, especially along Ocean Drive. One competitor claimed she was greatly assisted by each of the 100 metre markers counting down the last kilometre.

Community involvement is an important part of the event – the ambulance, police, little athletics, scouts and cycle club members all participate.

While the race is expensive to run, given sponsorship continues to be from Medibank Private, nett profit from the 1998 event totalled \$2,901.

This was the 10th year of sponsorship from Medibank Private.

The Marathon was won by Michihito Muroi 2:42:52, from Chris Maher 2:45:11 and Brett Williams 2:47:35

Sally Vaughn won the Marathon 3:21:00 from Fiona Collins 3:30:54 and Mary Jane Simkovic 3:38:51

The half was won by a new name Michael Dickason 1:17:00 and local Ben Larsson 1:19:37 with Keith Yardley 3rd 1:20:11

Karen Gobby Wins again 1:24:56 with Robin King 1.33.08 and Rosemary Johnson 1:36:21



1999

Planning for the 1999 event began with a letter from Ian Gibbs to Medibank in June of 1998 with that year's event barely off the calendar.

The 3rd weekend in May seems to be the ideal date for the marathon.

Stephen Dunn was this year's invited runner for his **50th marathon**.

Don Lang discovered our event on the 'Net' – he has run a marathon in every US state and was listed as the most prolific marathon runner in the world chose Bunbury for his Western Australian challenge. Running a marathon a week and competing in 17 countries, Don completed 297 marathons in Bunbury at 65 year young.



Don Lang accepts a gift from Medibank and the Club for making our event globally recognised



PHOTO BY JOHN GILMOUR / GLOBE AND MAIL

Marathon man: Between his weekly long-distance races, Don Lang tightens his laces for a trail run in the hills above his neighborhood in Glendale.

Globe trotter

Marathon-a-week regimen is a dream life for 64-year-old Don Lang

By Mark Decker
Staff writer

The plane from Los Angeles to London flies into the skies and soon the pilot's voice is crackling over the intercom. "Our flight plan is dry," he says. "We'll take on water over Las Vegas, Miami and Montreal, then Vancouver, Canada, then over Iceland and down across Iceland into Reykjavik."

Don Lang of Glendale shifts in his seat and says cheerfully, "We run in all these places. But marathons."

And he has. He is 64 years old and has completed 194 races of 26 miles, 265 miles or longer in 17 countries on five continents. Last weekend he was in Sydney, Australia. (The Grand Pacific Trail Marathon here starting will be No. 195. Next week in Madison, Wis., is No. 196.)

Lang has run a marathon or triathlon every "other" in each of the 50 states plus Washington, D.C., Texas, Alaska, Czech, Japan? He's run 11.

Every state and territory of Australia but Quebec.



Every province and territory of Canada but Quebec.

Lang mentions his his tribulations and problems a *Wall Street Journal* article about how Canada recently added some more provinces, way up north, 100 miles above the Arctic Circle, in an area known as the Northwest Territory with a population of 20,000. He's run there, too — last July, the Northwest Marathon.

Lang pulls another marble colder from his briefcase. Here is his itinerary

for the year: Glasgow, Ky., on Jan. 4 (Hawaii, Tennessee, on Jan. 20); Washington, D.C., on Jan. 17. . . . Different weeks, different city, different race — then.

Next he shifts to a real check mark and an underlined word: "Done."

But perhaps the most impressive thing about Lang is not that he has run long distances in foreign places. It is that 16 years ago, he had never run a marathon.

"I couldn't have run a foot," he says. Lang grew up in Seattle, attended the University of Washington, then spent two years stationed in Japan during the Vietnam War. All he can say about his time of duty is that "I was a dog."

He returned to Los Angeles and began a lucrative accounting career, first with Coopers & Lybrand and later with his own consulting firm. He got divorced in 1980 and stopped working in 1982.

"When I stopped working, I started doing all the wonderful things I had

DON'S ITINERARY

Don Lang began running seriously in 1972 at age 54. In the 10 years since, he has completed 194 marathons or 50 triathlons "other" in 17 countries and two continents. He has run one in every state plus Washington, D.C., as well as every province of Canada and every territory in Australia. Sunday's race in Los Angeles is his 195th. Last Sunday in San Diego will be his 196th race of 26.2 miles or longer this year. Here's a look at his schedule for 1995.

Date	Location	Notes
Jan. 4	Glasgow, Ky.	194th total race
Jan. 17	Washington, D.C.	195th total race
Jan. 20	Tennessee, Tenn.	196th total race
Jan. 24	Seattle, Wash.	197th total race
Feb. 4	Glasgow, Ky.	198th total race
Feb. 11	London, England	199th total race
Feb. 18	London, England	200th total race
Feb. 25	London, England	201st total race
Mar. 4	London, England	202nd total race
Mar. 11	London, England	203rd total race
Mar. 18	London, England	204th total race
Mar. 25	London, England	205th total race
Apr. 1	London, England	206th total race
Apr. 8	London, England	207th total race
Apr. 15	London, England	208th total race
Apr. 22	London, England	209th total race
Apr. 29	London, England	210th total race
May 6	London, England	211th total race
May 13	London, England	212th total race
May 20	London, England	213th total race
May 27	London, England	214th total race
Jun 3	London, England	215th total race
Jun 10	London, England	216th total race
Jun 17	London, England	217th total race
Jun 24	London, England	218th total race
Jul 1	London, England	219th total race
Jul 8	London, England	220th total race
Jul 15	London, England	221st total race
Jul 22	London, England	222nd total race
Jul 29	London, England	223rd total race
Aug 5	London, England	224th total race
Aug 12	London, England	225th total race
Aug 19	London, England	226th total race
Aug 26	London, England	227th total race
Sep 2	London, England	228th total race
Sep 9	London, England	229th total race
Sep 16	London, England	230th total race
Sep 23	London, England	231st total race
Sep 30	London, England	232nd total race
Oct 7	London, England	233rd total race
Oct 14	London, England	234th total race
Oct 21	London, England	235th total race
Oct 28	London, England	236th total race
Nov 4	London, England	237th total race
Nov 11	London, England	238th total race
Nov 18	London, England	239th total race
Nov 25	London, England	240th total race
Dec 2	London, England	241st total race
Dec 9	London, England	242nd total race
Dec 16	London, England	243rd total race
Dec 23	London, England	244th total race
Dec 30	London, England	245th total race

For **ITINERARY** on Page D-7

Alma and John Gilmour came down for the weekend with John's co-author and fellow runner Richard Harris.

The relay was introduced this year for those who want to enjoy the atmosphere without running the full distance.

Another innovation was the corporate challenge.

Competitors numbered 50 in the full and 150 in the half and one team of four in the relay.

Unfortunately this was the last event sponsored by Medibank Private a wonderful 14 year association.

Conditions were windy, but no rain and the wind dropped as the day went on.

The canteen was a great success again, thanks to Chris Hastie, Gail Parker and Annie Malone. Debbie Andrews was the initiator of this aspect of the marathon and it has gone from strength to strength.

Mark Page wins 2:33:30 at a jog from Chris Maher 2:42:44 and Michihito Muroi 2:49:17

Mark like Bob Del A Mott noted previously had emigrated from South Africa and had also been the victim of the great Bruce Fordyce in the Comrades marathon with 2 very close second places.

Catherine Mc Master 2:34:58 wins from Maryjane Simkovic 3:42:48

The half was a welcome revisit to Bunbury by John West 1:19:25 from Mick Francis 1:19:38 in one of the closest finishes Paul Odam 1:19 44. , 19 seconds separating all 3.



Mark Page was a comprehensive winner in the Medibank Private Bunbury Marathon. Picture: JEFF HENDERSON

Resounding win to Page

By GEORGE GOODWIN

NEW Australian immigrant Mark Page has written another chapter to his growing long distance running ledger with a comprehensive victory in the Medibank Private Bunbury Marathon on Sunday.

Taking out the Perth Marathon just six days after arriving in this country, South African Page cruised across the line at the Bunbury Recreation Ground on Sunday in 2 hours 33 minutes and 30 seconds, nine minutes ahead of second-placed Chris Maher.

Page, who has a world class 2:17.00 marathon run to his credit said after seeing the course he felt he could manage a 2:25.00, but the stiff breeze put paid to that.

"I felt strong and ready for action," he said.

"It was a nice, flat fast course but at the half way mark I decided to ease back a little after hitting the strong winds.

"The run was good and catching up to a couple of half marathoners and keeping up with them together with help from second Kerry Cocker on her bike with the drinks really helped me enjoy myself out there today."

Maher once again "had a great day."

"This is one of the nicest of all runs

I have been in," said the 46-year-old who has competed in the London and Boston marathons.

"I now have five Bunbury Marathon glasses (traditional run finish trophies) and intend to make that a set of six. And when I get too old and cut down to the half marathon I will be aiming for a set of six of those as well.

"This event is as well run as any I have been in, including the big ones."

Last year's winner Michi Muroi finished third in 2:49.17 while the first woman home was Catherine McMaster in 3:34.58 who was chased most of the way by Bunbury's Mary-Jane Simkovic, second in 3:42.40 for only her second 42km marathon.

The half marathon saw a storming finish over the last 200m with winner John West finishing strongest in the sprint for the line to win in 1:19.25, just 13 seconds ahead of Mick Francis and Paul Odum a further six seconds behind.

Bunbury's Rosemary Johnson added another title to her recent six-hour race when she beat Jan Kelly by 30 seconds in the half marathon with triathlete Karyn Lowe third.

COURSE RECORD
MARATHON **HALF MARATHON**
MALE: David Eltringham **MALE:** Bob de la Motte
 2:24.17 (1984) 69.03 (1988)

FEMALE: Tessa Brockwell **FEMALE:** Karen Gobby
 2:50.03 (1984) 76.01 (1991)

VETERAN'S WORLD AGE RECORDS
HALF MARATHON


John Gilmour 77.17 (1985) (M65)
 John Gilmour 81.41 (1989) (M70)
 John Gilmour 91.00 (1993) (M74)

Note above records were not recorded on current course

CHAMPIONSHIPS

Western Australian Country Marathon Title.
 Open to any person over 18 years who is a bonafide resident of Western Australia for six months prior to the event and resides outside the Perth metropolitan electoral boundaries.


**FAST CERTIFIED
 ACCURATE COURSE
 INTRODUCING RELAY**



AG
 ACCURATE
 GROUND
 COURSE

FULL MARATHON COURSE
 2 LAPS
 42.195 Km
START TIME
7.00am

HALF MARATHON
 1 LAP 21.1Km
RELAY
 2 LAP 42.195 Km
START TIME
8.00am



**BUNBURY
 RUNNERS
 CLUB INC.**



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PRESENTS THE

**18th ANNUAL
 BUNBURY MARATHON
 HALF MARATHON
 and MARATHON RELAY**

7am SUNDAY, MAY 16 1999

INCORPORATING
 WESTERN AUSTRALIAN COUNTRY
 MARATHON CHAMPIONSHIPS

BUNBURY MARATHON WEEKEND

SAT., MAY 15	2.00pm - 5.00pm	Entries at Club Rooms
SAT., MAY 15	4pm	5km & 10km Road Race from Bunbury Runners' Club Rooms (\$5.00 entry on the day)
SUN., MAY 16	7.00am 8.00am 8.00am	BUNBURY MARATHON HALF MARATHON START RELAY MARATHON START
SUN., MAY 16	FROM 7.30am	Quality Food and Drink
SUN., MAY 16	1.30pm	Presentations

BUNBURY MARATHON



Mark Page checks his watch as he storms to victory in the Bunbury Marathon.



Mick Francis, left, and Paul Odam were neck-and-neck all the way to the finish in the half marathon. Pictures: JEFF HENDERSON



John West showed a clean pair of heels to win the half marathon.

L. Taylor, 3:14.15; S. Lapeere, 3:16.31; M. Szelek, 3:16.53; J. Barnes, 3:17.11; G. Brunt, 3:17.28; D. Cox, 3:17.38; G. Blyth, 3:18.30; B. Jackson, 3:21.34; C. Kowalski, 3:25.37; J. Griffiths, 3:30.44.

C. McMaster (F), 3:34.58; B. Hausted, 3:36.37; D. Mallen, 3:38.08; J. Farrell, 3:38.08; B. Taylor, 3:39.05; J. Jansen, 3:41.27; M. Simkovic (F), 3:42.40; M. Brierley, 3:43.38; R. Louis, 3:44.02; C. Blythe, 3:44.40.

J. Bell, 3:50.57; D. Gilchrist, 3:51.01; P. Pesci, 3:52.21; L. Goodwin, 3:52.59; P. Miller, 3:54.25; H. Downes, 3:55.39; S. Pincus, 3:56.58; M. Klave, 4:01.39; M. Skivinis, 4:03.19; G. Harris, 4:30.48.

L. James, 4:45.42; D. Lang, 5:28.43; R. Weaver, S. Leonard, A. Stebbins, P. Webb, F. Gardiner DNF.

Marathon Relay:
Newton Moore SHS, 3:26.42

1999 Half Marathon:
J. West, 1:19.25; M. Francis, 1:19.38; P. Odam, 1:19.44; B. O'Kane, 1:21.29; A. Carse, 1:21.46; D. Dye, 1:22.36; P. Sullivan, 1:22.59; C. Kington, 1:24.19; M. Sutherland, 1:24.39; A. Travato, 1:26.33.

Johnson (F), 1:33.06; R. Rich, 1:33.14; J. Kelly (F), 1:33.14; M. Hodgson, 1:33.33; P. Selfe, 1:33.56; R. Bateman, 1:34.29; B. Dunbar, 1:34.37; K. Lowe (F), 1:34.48; N. Radford, 1:36.13; G. Kelly, 1:36.19; L. Ventris (F), 1:36.19; K. Burswell, 1:36.27; P. Ferris, 1:36.41; N. Miller, 1:36.46; I. Lancaster, 1:37.01; C. Lewis (F), 1:37.03; P. Hanson (F), 1:37.24; J. Mealy, 1:37.39; K. Miller, 1:37.43; G. Douglas, 1:37.48; N. Hall, 1:38.55; M. Higgins, 1:39.05.

M. Watkins, 1:39.21; J. Norris, 1:39.44; W. Harris, 1:40.22; F. Dymond, 1:40.55; C. Gillard, 1:41.04; P. Nowland, 1:41.14; H. Pugh, 1:41.41; R. Naim, 1:41.52; P. Dekker, 1:41.54; M. Khan, 1:41.54.

I. Roberts, 1:42.31; K. Bryant (F), 1:43.05; S. Jelley (F), 1:43.25; J. Earley, 1:43.26; C. Watson, 1:43.45; D. Hayes, 1:43.46; J. Weston, 1:44.03; C. Walkley, 1:44.50; J. Depazzi, 1:44.55; K. Atkinson, 1:45.03.

G. Foster, 1:45.49; E. Lorimer, 1:45.51; M. Faithfull, 1:46.12; A. Brown, 1:46.40; B. Bennett, 1:46.57; I. Watson, 1:47.11; D. McAtee, 1:47.20; I. Tate, 1:47.22; S. Bond (F), 1:47.31.

(F), 1:55.11; D. Carroll, 1:55.25; S. Foster, 1:56.03; R. Broughton, 1:56.12; T. Russell, 1:56.28; R. Wiltshire (F), 1:56.53; P. Ryan, 1:58.48; B. Dunn, 1:58.49; G. Prewett, 1:58.49; P. Robertson, 1:58.57; B. Hodgson (F), 1:59.10; C. Smith (F), 1:59.14.

D. Dow (F), 1:59.40; J. McGrath (F), 2:00.05; T. Secher (F), 2:00.27; L. Cross (F), 2:00.47; D. Swan, 2:01.25; W. Duncan (F), 2:01.56; A. Turner (F), 2:02.21; J. Cross (F), 2:04.44; J. Duden (F), 2:05.10; W. Lindsay (F), 2:06.25.

J. Higgins (F), 2:07.38; V. Millard (F), 2:08.05; E. Brown (F), 2:08.19; J. Smith (F), 2:09.30; J. Gibbs (F), 2:10.22; A. Haywood, 2:11.20; G. Hough (F), 2:12.52; R. Johnson (F), 2:14.24; K. Johnson, 2:15.37; J. Pellier (F), 2:16.48.

D. Lancaster (F), 2:21.18; M. Bennett (F), 2:21.48; L. Bocher (F), 2:33.52; L. Scheckert (F), 2:43.09; D. Canty (F), 2:53.32; S. Jones, J. Della Bacc, R. Wiltshire (F) - DNF; J. Barnes (F), L. Nevin, H. Stoffers, C. Turner - DNS.



Catherine McMaster's 3:34.58 made sure she was the first woman home in the marathon.



Maryjane Simkovic (3:42.40) was the second woman home in the marathon.



Women's half marathon winner Rosemary Johnson receives some encouragement and the offer of a drink after her time of 1:33.06.



Dr Cecil Walkley receives an Age Group prize