

ENTRY FORMS

ENTRY FORM DECLARATION

- I declare, in consideration of and on condition of acceptance of my entry to the 28 km and 42 km foot races my age, sex, height, experience and achievement, family status and of any state, region or origin which I am now legally domiciled in, and of any other relevant information, that I am a fit and healthy individual, capable of undertaking the race, and that I accept the terms and conditions of the race, including the fact that I will be liable for any medical or other expenses incurred by me or my family or others in the course of the race, and that I will be liable for any medical or other expenses incurred by me or my family or others in the course of the race.
- I declare, in consideration of and on condition of acceptance of my entry to the 28 km and 42 km foot races, that I am a fit and healthy individual, capable of undertaking the race, and that I accept the terms and conditions of the race, including the fact that I will be liable for any medical or other expenses incurred by me or my family or others in the course of the race.
- I declare, in consideration of and on condition of acceptance of my entry to the 28 km and 42 km foot races, that I am a fit and healthy individual, capable of undertaking the race, and that I accept the terms and conditions of the race, including the fact that I will be liable for any medical or other expenses incurred by me or my family or others in the course of the race.

11th ANNUAL BUNBURY MARATHON AND HALF MARATHON

PROUDLY SPONSORED BY MEDIBANK PRIVATE
ORGANISED BY BUNBURY RUNNERS CLUB

7am SUNDAY, MAY 3, 1992

BEFORE COMPLETION PLEASE READ GENERAL INFORMATION:

NAME: _____
 CHRISTIAN NAME: _____
 ADDRESS: _____
 PHONE - INC. ST. C. : _____

MARATHON ☐ HALF MARATHON ☐

Marathon P.E. or Half Marathon P.E.

AGE: _____ SEX: _____
 DATE OF BIRTH DATE: _____ SEX: _____

PLEASE READ COURSE INFO OVER PAGE

Entry Fee: **\$15.00**
 Carbo-loading: Adults (\$15.00 n.a.)
 Children (under 10) (\$7.50 n.a.)
 Race Slight: Star (\$20.00 n.a.)

Total Donations (Make out cheques, money orders sent to Bunbury Runners Club, PO Box 1161, Bunbury, WA 6230)
 Send off mail to:
 Bunbury Runners Club, PO Box 1161, Bunbury, WA 6230

*NOTE: DON'T FORGET THE STAMPED SELF-ADDRESSED ENVELOPE.

SOUVENIR RUNNERS SINGLES \$10.00

Available at carbo-loading unit, and at start or finish.

*NOTE: ONLY IS SINGLES WILL BE AVAILABLE.

COURSE RECORDS:
 MARATHON: HALF MARATHON:
 MALE: MALE: Rob de la Motte
 David Ehrigman 09:03 (1980)
 2:24.17 (1985) FEMALE: Karen Gabbey
 78:01 (1991)
 Tessa Brockwell 2:50.03 (1984)
 VETERANS World Age Records
 John Gilmore 21:17 (1985) (M65)
 John Gilmore 31:41 (1989) (M70)

AMENDED FASTER COURSE GENERAL INFORMATION:

The course is mainly flat with short gradual rises after 2.5km (elevation 1.5m) and 3.5km (elevation 2.5m). At the 15km mark, there is a short medium rise (elevation 1.5m). Two short sharp rises on Clark St, at the 16km (elevation 1.1m) add interest to the course. The course follows the beach along the City. With scenic views on Ocean Drive the circuit is interesting and above all, fast.
 Many Personal Best times were recorded each year.

START AND FINISH:
 Hay Park Recreation Centre, south of Bunbury along Russell Highway, entrance off Parade Road or Washington Avenue. Toilets, showers, sun basks and change rooms at the centre at a small cost.

STARTING TIME:
 7.00am. Assemble 6.50am.

ENTRY FORMS:
 Entries will be received from 4pm - 6pm, on Saturday 8th May at the Lifeline Beach Resort. Post entries and Carbo meal requirements must be received by 5pm on Friday 23rd. Include SAE envelope with entry form please.
 Late entries will be received on the morning of the race between 6am - 6.00am at a cost of \$20.00.

TIME LIMIT:
 Official timekeeping ceases at 4 1/2 hours. Competitors remaining on the course please follow directional signs and blue markings on road.

ROAD RULES:

Competitors run in the same traffic lane as the left hand side of the road at all times unless otherwise directed by police or marshals. No compliance may lead to disqualification.

FUNCTIONS:

A quality carbohydrate loading meal will be held on Saturday May 8th, at the Lifeline Beach Resort, Carey Street, Bunbury, starting at 4.00pm.

Admission will be by ticket only and must be ordered in an entry form. Cost of each meal \$35.00 per adult or \$7.50 per child under 10 years of age.

AWARDS:

First 2 males and females in each race, first male and female in all veterans categories from W55 and M40 and first Bunbury Runners Club 40+ and 50+ All finishers will receive a gold embossed glass which they can have engraved on the day. Presentation of awards will be made at the Recreation Centre at noon.

Spot Prizes: With a spot prize a runner is offered to the trophy presentation.

A Race Record of World or 100m is offered to the first male and female to break the record in the Marathon and Half Marathon.

RACE NUMBERS:

No competitor will be awarded a place or be eligible for first prize or award unless they wear an official competitor's race number prominently displayed on their front and the entire number is visible throughout the race. All marathon competitors will wear a blue short number. All half marathon competitors will wear a blue short number. All marathon competitors will wear a blue short number. All half marathon competitors will wear a blue short number.

If a runner does not display their issued number at the finish, they will not be credited with finishing and no time will be given.

DISTANCE:

Runners cannot be timed other than for the event for which they have originally entered.

WATER AND SPONGING STATIONS:

Water and sponging stations will be provided and times called each 5km along the course.

NOTES:

Late entry fee is \$20.00 on the morning of the race. Entries must be in by Friday 23rd May. Carbo Party tickets are \$15.00 must be purchased by 5pm. Friday. Definitely no phone bookings. No phone entries for the race. No refund on entries by the Bunbury Runners Club. Contact phone numbers follow on page 2.
 Brian Kennedy: (097) 5 9564 A/H (Race Director).
 Michael Jennings: (097) 5 416 A/H (Social Director).
 Ian Parker: (097) 21 963 A/H.

Address all mail to Bunbury Runners Club, PO Box 1161, Bunbury 6230.

In 1992 there was a 'request for Ambulance form' was completed along with several other letters for permits to hold the event and permission for **road closures** for the first time on part of the course.

Marathon Hints

with HENK STOFFERS



WITH less than three weeks to go to the Medibank Private full and half marathons, we are now in a critical training phase.

So many over ambitious runners get injured in the last couple of weeks leading up to the event.

Signs of over-training are sleeplessness, muscle soreness, stiffness and in the long-term, injuries.

Monitor your pulse rate at rest for a week, add these figures and divide by seven.

Take your heartbeat a few minutes after waking up and relaxing while still lying down.

Count your heartbeat for one minute for accuracy.

You have now established your average heart rate at rest.

After a hard training workout or a race you'll notice that your heart rate at rest will be higher.

A deviation upwards of more than 10 per cent should be taken as a warning sign.

Obviously the body hasn't sufficiently recovered and we should adjust our training to recovery can take place.

Some athletes train with a pulse monitor to accurately measure the intensity of their workouts.

Firstly, they find their maximum upper pulse rate and having established this, some monitors will indicate the strength in percentage values of your exercise.

It is interesting to note that even at 65 per cent of maximum heart rate there is still benefit to be gained for the cardio vascular system.

Another benefit from the pulse monitor can be in a speed or interval session where one can quickly read out maximum effort and keep an eye on recovery rate.

Some monitors have a memory recall function making it possible to analyse one's workout afterwards.

Of course, without a monitor you can establish your pulse rate as well.

Straight after a high effort measure your pulse for 10 seconds and multiply by six to get pulse rate per minute.

A steady pace workout would be where there can be conversation between partners, you'll need two to three of them per week, and if there are any signs of overtraining as previously mentioned do take notice and consider 'active rest' for a week or so.

Active rest means cutting down greatly on training and doing a little at a leisurely pace or alternative exercises such as cycling or swimming.

Marathon Hints

with HENK STOFFERS



GIVEN that most runners have done sufficient kilometres in a build-up to the Medibank Private full and half marathon, most runners will be looking for a little extra speed required to reach their goal.

Speed training is an effective way of improving the body's capacity for oxygen transportation.

Distance runners who train at a constant pace become efficient with their pulse rate hovering around 120-130 beats per minute perhaps for several hours.

But once you have achieved a certain level of fitness, your improvement in performance tends to reach a plateau.

By simply introducing a third component next to duration and regularity once or twice a week you could improve further.

Even if you only intend to race marathons, the additional demands of faster training will produce a psychological adaptation which will allow you either to run more economically or run faster.

On a running track run laps where you stride out fast down the straights and jog round the bends to recover.

Aim for two sets of four laps with five minute walks or slow jog recovery in between.

If you have no track, run fast for 20 seconds and jog for 40 seconds alternately in the same pattern.

A little harder session would be four by 800m or trying to build up speed without getting into deep oxygen debt.

Aim instead just for a noticeable increase in intensity. Take 400m jog recovery in between.

Another session could be eight by 400m on the track with 400m jog recovery.

If you're not training on a track, 75 second runs with two minute jog recovery.

Another session which I call going down the ladder involves 1000, 800, 600 and 400m with appropriate recoveries.

You will soon learn when you're ready for the next repetition.

But if done properly, the gains can be considerable in a few weeks time.

Of course, you don't have to do separate speed work sessions.

You can implement fartlek (speed play) in your medium duration runs.

This speed play can be efficient on, a bush trail with hills where you "attack" the hill or stride out to a certain object.

Another method is lactate threshold training (LT).

LT speed is the highest running velocity you can sustain without having lots of lactic acid accumulate in your blood.

A traditional LT workout involves warming up and then simply running for about 20-25 minutes at lactate threshold speed which is about 10 seconds per kilometre slower than your 10km race pace.

South Western Times, Thursday, April 2, 1992 59

Marathon Hints

with HENK STOFFERS



THE 11th Medibank Private Bunbury Marathon is fast approaching with little more than a week to go.

There is no point in trying to put in extra training in a last minute effort to lift your performance on the day.

Have that last long depletion run this Sunday.

For marathon runners that might be a 2 1/2 to 2 3/4 hour run while for the half marathon a 1 1/2 to 2 hour run would probably be appropriate, depending on how long your previous long runs have been.

In any case, the depletion run should be long enough to run down your muscle glycogen supply followed by a few easy days.

Midweek, one could have a medium duration steady run and the following days take it easy and maintain flexibility.

These suggested times for the long runs, as you might have gathered are for the more serious runners.

For the inexperienced runners don't put too much effort in that last training run or make it too long otherwise you probably won't recover before race day.

The Saturday before race day have a light jog after your midday main meal and do some stretching exercises.

I prefer a midday main carbohydrate meal to give the body plenty of time to digest and absorb the food.

After Sunday's long run the winding down in training, especially after a medium run on Wednesday, should give the body plenty of time to lead on all the carbohydrate foods your diet should be high in.

On race morning I prefer not to have any food at all, just a few diluted freshly-made juices.

While a slice of toast probably won't do any harm, for a nervous athlete it will certainly hamper your performance.

The Bunbury Runners Club will organise a depletion run this Sunday starting from the Boganup Lions Park at 7am.

Various distances will be run so use this opportunity as your last serious workout.

Henk wrote series of Marathon Tips for the South Western Times.

BUNBURY RUNNERS CLUB INC.	
STATEMENT OF RECEIPTS & PAYMENTS	
FOR THE YEAR ENDED JUNE 30th, 1992	
1992 MEDIBANK PRIVATE BUNBURY MARATHON	
Balance brought forward - 1st. July 1991	4529.14
ADD: RECEIPTS:	
Bank Interest	126.04
Entry Fees	3205.00
Pre Event Dinner	727.50
Sale of Singlets	570.00
Sponsorship	1800.00
	6428.54
	10957.68
LESS: PAYMENTS:	
Advertising	30.00
Bank Charges	6.92
Cliff Young Promotion Expenses	135.45
Course & Race Expenses	864.17
Postage, Stationery & Telephone	77.10
Pre Event Dinner Expenses	645.00
Trophies & Engraving	821.08
Transfer to Term Deposit	7000.00
	9579.72
Balance as per Cash at Bank - 30th. June 1992	1377.96

T

The event had a good year, financially and set the platform for the future.

Conditions for the event this year were extremely windy and numbers were down on previous years with 40 in the full marathon and 165 in the half marathon.

Ray Brown won the Marathon in a 2:35:18, followed by Martin Van Voorthuizan 2:37:01 and Michihito Mouri 2:38:44. Lyn Caporn won the ladies Marathon 3:44:54 (The only lady in the event) George Garland 2:59:38 was the first local home in the full distance, just under the 3 hours.

ATHLETICS

Brown masters windy conditions to march to marathon victory

PERTH veteran Ray Brown gave an excellent display to win the Bunbury Medibank Private Marathon last Sunday.

The 40-year-old handled the difficult conditions superbly to take line honours in two hours, 35 minutes and 18 seconds.

Maria Vanveerthuisen ran strongly to cross the line in second place in the very good time of 2:37:01.

He was followed in by Miori Matchino (2:38:44).

The local runners would have been generally disappointed with their re-

sults, which could be attributed to the blustery winds that prevailed.

George Garland was the best of the locals, finishing in just under the three hour barrier, 2:59:38.

Bunbury Runners Club president Kieran Bootman ran determinedly on little training to record a time of 3:03:45.

Kevin Martin and Doug Wright performed courageously but were well outside their best.

A highlight of the race was John Pellier completing his 10th consecutive Bunbury marathon. He was pre-

sented with a special award to mark the achievement.

In the women's marathon Lyn Capora won comfortably from Susan Goldham.

They were the only two entrants and their times were 3:44:54 and 4:06:30 respectively.

Perth runner Rod Barnes performed brilliantly to win the half marathon in 1:12:06 from Myles Ferrall.

Bunbury's Keith Yardley finished third in 1:15:13, which was almost six minutes outside his best.

Karen Gobby continued her come-

back from injury to blitz the women's field and finish seventh outright.

Gobby's time of 1:17:07, while well outside her best, was still magnificent given the circumstances.

Sally Vaughan and Joanne Collins filled the minor placings.

Other runners club members to perform well in the half marathon were Gary Peate 1:16:55 (1st veteran 40), David Dye 1:18:27, Alan Holmes 1:19:24 (personal best), John Vennart 1:21:31, Judy Leeson 1:48:47 (1st veteran 40), Jo Moore 1:41:03 and Brinda Sharp 1:48:41.

Karen Gobby 1:17:57 was a sizzling 8th outright and won the women's half marathon, her 4th in a row, followed by Sally Vaughn 1:32:08 and Joanne Collins 1:33:01

Rod Barnes 1:12:06 and Myles Ferral 1:12:46 had a very close race followed by our own Keith Yardley 1:15:13 came in the 3rd in the men's half.

John Pellier completed his **10th consecutive** Bunbury Marathon.



Event Shirt designs has always been a challenge

The Australian Reporter, Wednesday, April 23, 1992

Sport REPORTER

ROY WESTON

BUNBURY

INCORPORATING
WOLLASTON
REALTY

FOCUS ON SPORT

Bunbury Marathon to take high profile

By STEVE BUTLER

SOME of the biggest names in Australian athletics could be included in next year's Medibank Private Bunbury Marathon.

Although the 1992 race to be held this Sunday will be low-key, plans are already underway to make next year a spectacular event.

The Bunbury Runners Club is so confident the event will attract high-profile runners that they are negotiating to have the course sanctioned by Athletics Australia.

That will mean the traditionally fast course could boast a world record for either the marathon or half marathon.

Included in the plans for the guest list next year are Australian heroes Robert De Castella and Cliff Young as well as renowned coach Pat Clohessy.

Bunbury long distance star Karen Gobby also is expected to head a field of top Australian women runners.

Organiser Brian Kennedy also is confident the event will attract a number of veteran runners from the Masters Games which will be held in Perth in the week leading up to the Bunbury event.

Kennedy hopes the event will attract at least 200 of the 7000 competitors in the games.

"We are planning to promote the event to the whole of Australia," Kennedy said.

"We haven't planned anything really big for this Sunday's event because we are channeling a lot of energy into next year."

Kennedy said other plans included setting up a 10km race the day before the marathon to cater for those who weren't accustomed to the longer distances.

The club will promote next year's race in the top athletics magazines all around Australia and will be looking to get support from the Bunbury community to help with costs.

"We are looking for the community as a whole to get involved in what will be a big event," Kennedy said.

This Sunday's race will be held through the city centre on the same course as last year and will still boast some top competitors.

Last year's winner Chris Maher and David Dye will both be names to look out for in the marathon, while Keith Yardley should be a front runner in the half. Karen Gobby also will be in the hunt after winning a 10km race in Perth last weekend.

As an extra novelty, runners will be able to purchase souvenir shirts with their personal times printed on the front at the end of the race. The race starts at 7am at Hay Park this Sunday.

HOT SHOT AIMS FOR TOP



● IT'S BEEN a big season of success for the Bunbury Little Athletics Association on both individual and team levels. Three of the association's athletes, including Andrew Monson (pictured) were chosen in to try out in state teams. The country championships were a highlight for Bunbury, winning 117 medals and taking out the overall title. The State Multievents was also good for Bunbury with Scott Cummings winning a gold medal. Bunbury also performed well at the state championships collecting 20 medals. There were also 70 club records broken during the season.

SBL banks on new sponsor

AFTER weeks of anxiety the State Basketball League has signed a new major sponsor for 1992.

With three rounds of the season already played the signing of the R&I Bank of WA as the official major sponsor of the SBL was crucial.

The news was released at a special ceremony at Perry Lakes Stadium in Perth last Tuesday.

SBL general manager Simon Leunig said the league was left in a precarious position before the signing.

The McDonalds food chain withdrew from the major sponsor position at the end of last season.

The new announcement was the last official act of resigning WA Basketball Federation president Bob Williams and it attracted a number of big names in the sport.

Perth Wildcats coach Murray Arnold and forward Andrew Vlahov were joined by WABF chief executive Alan Marshall and SBL chief commissioner John Gardiner at the ceremony.

R&I retail banking general manager David Taylor said the group was attracted to the sponsorship as it had similar interests and goals to the SBL.

He cited the impressive local programs and loyalties of Bunbury and Mandurah basketball schemes as reasons for the bank's decision to sign up.

He believed the one-year contract would be of mutual benefit to the SBL and R&I.

And maybe Mr Taylor may be able to improve on his own game.

Despite a brief practice session before the ceremony he couldn't land the first basket of the R&I SBL in seven tries.

It even took Kanyana Kings

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Wollaston
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- ★ Value plus — only \$83,000 ono
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- ★ Large family/games room
- ★ Remodelled kitchen — with dishwasher
- ★ Lock-up garage — Perth TV — bore
- ★ Gas hot water — gas heater.

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

ATHLETICS

In-form Gobby has race record in her sights

DAVID Dye and Karen Gobby are Bunbury's best chance of home town victories in tomorrow's Medibank Private Marathon and Half Marathon.

The events start at 7am at Hay Park Recreation Centre.

Dye is in superb form and poses a big threat to John West, winner of the past two marathons. West won last year in two hours, 33 minutes and 52 seconds, well outside the record set in 1985 by David Eltringham (2.24.17).

Gin Gin runner Jacqui Clarke is favoured to win her second successive women's marathon. But she will need to improve by almost 40 minutes if she is to beat the record of 2.50.03 set by Tessa Brockwell in 1984.

But Brockwell's record in the half marathon is in danger of being smashed by the in-form Karen Gobby.

Gobby, rated the best female distance runner in Western Australia and the best veteran female distance athlete in Australia, won last year's half marathon in 1.20.42, which was only 45 seconds outside Brockwell's record set in 1987.

PUBLIC MEETINGS AND PROCESSIONS ACT 1984
SECTION - 7
PERMIT
TO HOLD A PUBLIC MEETING AND / OR CONDUCT A PROCESSION

To BRIAN EDWARD KENNEDY - BUNBURY RUNNERS CLUB INC.
(Name of person or body that gave NOTICE applying for permit)

Address 9 CORAL STREET, BUNBURY 6230
(Address as given in NOTICE)

You are hereby granted permission to hold a public ~~meeting and/or~~ conduct a procession, subject to the following limitations or conditions:-

Meeting or procession to commence NOT before 7.00 AM 3/5/92 and
TIME DATE

to disband NOT later than 11.30 AM 3/5/92
TIME DATE

Place where ~~meeting~~/procession is to be held: OUTSIDE THE SWIMMING POOL AT THE BUNBURY RECREATION CENTRE, HAY PARK.

Boundaries of area to be occupied by ~~meeting~~/procession:
AT THE START OF THE MARATHON BOTH SIDES OF ROAD IN ROTARY AVE., THEN THE NORTHERN SIDE OF WASHINGTON AVE. RUNNERS WILL THEN RUN ON THE RIGHT HAND SIDE OF THE ROAD INTO ONCOMING TRAFFIC OR DUAL USE FOOTPATHS.

Route that procession will follow: ROTARY AVE, WASHINGTON AVE, OCEAN DRIVE, SYMONS ST., WITTENOOM ST, STIRLING ST, SPENCER ST, STOCKLEY RD, BANKSIA ST, BEACH RD, TUART ST, PRINCE PHILLIPS DR, TIMPERLEY RD, ADAM RD, HOTCHIN ST, KNIGHT ST, & PARADE RD (MAP ATTACHED)

The extent to which it will occupy the public places through which it will pass:

The places at which it will halt and the times for which it will remain stationary in each such place: NONE

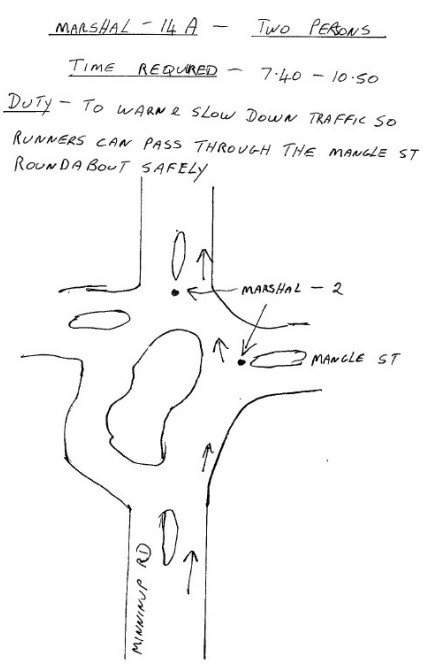
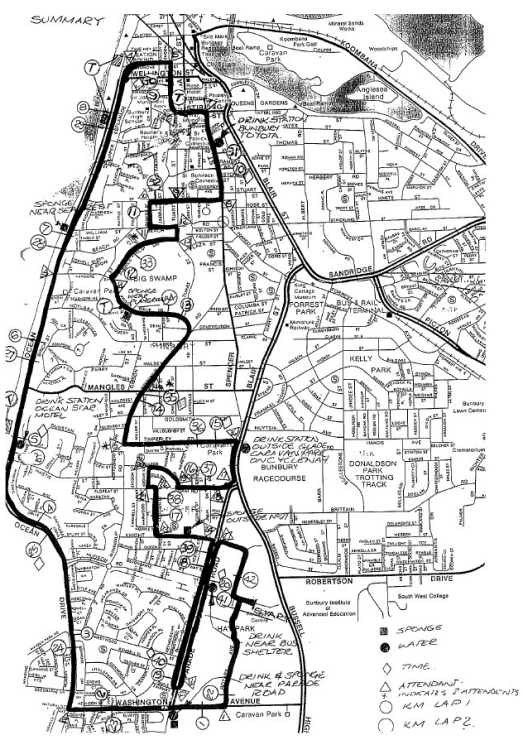
The purpose of the public meeting or procession BUNBURY MARATHON AND HALF MARATHON

Other conditions:
SEE OVER.....(C) (G) (H) (I) (J) (K)

NOTE: No person participating in the meeting and/or procession is to obstruct the free passage of any ambulance, fire brigade vehicle or police vehicle.

SIGNATURE [Signature] TITLE [Signature] DATE 10-3-92
(Commissioner of Police or Authorised Officer) TIME OF ISSUE 0935hrs
REGIONAL POLICE OFFICER 12078-08/02/88-1M

Even in 1992 Everything was meticulously planned every drink station every marshal given explicit instructions 5 drink station, (40 scouts) 2 sponge stations(6 scouts) , 37 marshals



1993

Brian Kennedy is made a Life Member of the Bunbury Runners Club and fitting reward for his energy and passion for the club and the Bunbury Marathon



Michael Jennings, Brian Kennedy and Stephen Jones "Brian gets Life"

ENTRY FORM		COURSE INFO	
<p>Medibank Private / from better news</p> <p>12th ANNUAL BUNBURY MARATHON AND HALF MARATHON PROUDLY SPONSORED BY MEDIBANK PRIVATE ORGANISED BY BUNBURY RUNNERS CLUB 7am SUNDAY, MAY 9th 1993</p> <p>BEFORE COMPLETION PLEASE READ GENERAL INFORMATION:</p> <p>BORN: _____ SEX: _____</p> <p>ADDRESS: _____</p> <p>PHONE: INC. 5276 / 3</p> <p>MARATHON <input type="checkbox"/> HALF MARATHON <input type="checkbox"/></p> <p>Marathon P.B. or Half Marathon P.B.</p> <p>NAME: _____ SEX: _____ AGE: _____</p> <p>AGE ON RACE DAY: _____ SEX: M <input type="checkbox"/> F <input type="checkbox"/></p> <p>PLEASE READ COURSE INFO OVER PAGE</p> <p>Entry Fee: \$15.00</p> <p>Carbo Loading: _____ Adults (\$15.00 ea.)</p> <p>Children (under 10/37.50 ea.)</p> <p>Race Singlet: _____ Size: (12.00 ea.)</p> <p>SOUVENIR First 50 entrants a free singlet. Next 50 entrants \$5.00 each. After that by order only \$10.00 each</p> <p>Runners Singlets First 50 entrants a free singlet. Next 50 entrants \$5.00 each. After that by order only \$10.00 each</p> <p>START AND FINISH: Hay Park Recreation Centre, south of Bunbury along Russell Highway, entrance off Parade Road or Washington Avenue. Toilets, showers, spa baths and change rooms at the centre at a small cost.</p> <p>STARTING TIME: 7.00am. Assemble 6.50am.</p> <p>ENTRY FORMS: Entries will be received from 4pm - 6pm on Saturday 8th May at the Lighthouse Beach Resort. Post entries and Carbo meal requirements must be received by 5pm on Friday 25th. Include SAE envelope with entry form please.</p> <p>Late entries will be received on the morning of the race between 6am - 8.00am at a cost of \$20.00.</p> <p>TIME LIMIT: Official timekeeping ceases at 4 1/2 hours. Competitors remaining on the course please follow directional signs and blue markings on road.</p> <p>COURSE RECORDS: MARATHON: MALE: David Eltringham 2:24.17 (1985) FEMALE: Tessa Brockwell 2:50.03 (1984) HALF MARATHON: MALE: Bob de la Motte 08.03 (1989) FEMALE: Karen Gobby 17.01 (1991) VETERANS World Age Records John Gilmore 27.17 (1985) (M60) John Gilmore 31.41 (1989) (M470)</p> <p>ROAD RULES: Competitors to run in the oncoming traffic lane on the left side of the road at all times unless otherwise directed by police or marshals. Non-compliance may lead to disqualification.</p> <p>FUNCTIONS: A quality carbohydrate loading meal will be held on Saturday May 8th at the Lighthouse Beach Resort, Carey Street, Bunbury, starting at 6.15pm. Admission will be by ticket only and must be ordered on entry form. Cost of carbo meal: \$35.00 per adult or \$7.50 per child under 10 years of age.</p> <p>AWARDS: First 2 males and females in each race, first male and female in all veterans categories from W35 and M40 and first Bunbury Runners Club trophies. All runners will receive a gold embroidered glass which they can have engraved on the day. Presentation of the awards will be made at the Recreation Centre at noon.</p> <p>RACE NUMBERS: No competitor will be awarded a place or be eligible for any prize or award unless they wear an official competitors race number prominently displayed on their front and the entire number is visible throughout the race. Full marathon competitors will wear a black chest number, half marathon competitors red numbers. If a runner does not display their issued number at the finish, they will not be credited with finishing and no time will be given.</p> <p>DISTANCE: Runners cannot be timed other than for the event for which they have originally entered.</p> <p>WATER AND SPONGING STATIONS: Water and sponging stations will be provided and times called each 5km along the course.</p> <p>NOTES: Late entry fee is \$20.00 on the morning of the race. Post entries must be in by Friday 25th April. Carbo Party tickets must be purchased by 5pm Friday. Definitely no phone bookings. No phone entries for the race. No refund once received by the Bunbury Runners Club. Contact phone numbers (after hours only): Brian Kennedy: (097) 95 9546 A/H (Race Director) Michael Jennings: (097) 91 1416 A/H (President) Ian Parker: (097) 21 9615 A/H</p> <p>Address all mail to Bunbury Runners Club, PO Box 1161, Bunbury 6230.</p>		<p>AMENDED FASTER COURSE GENERAL INFORMATION: The course is mainly flat with short gradual rises after 2.5km (elevation 120m) and 5.5km (elevation 20m). At the 10km mark, there is a short gradient rise (elevation 110m). Two short sharp rises on Clarke St. at the 18km (elevation 110m) and at the 20km (elevation 110m) and at the 22km (elevation 110m). The course winds through the City. With scenic views on Ocean Drive the circuit is interesting and shows all, fast. Many Personal best times are recorded each year.</p> <p>HALF MARATHON COURSE 10 km 15 km 20 km 25 km 30 km 35 km 40 km 45 km 50 km</p>	

A 'quarter marathon' was held in 1993, on the day before the main event.



BUNBURY RUNNERS CLUB MEDIBANK PRIVATE MARATHON 1993 STATEMENT OF INCOME AND EXPENDITURE		
INCOME		
Clothing Sales	325.00	
Event Entry Fees	3135.00	
Pre-event Dinner	750.00	
Post Race Function	462.35	
Sponsorship	2000.00	6672.35
EXPENDITURE		
Track Expenses	133.80	
Glasses & Trophies	1437.48	
Marshalls	500.00	
Ambulance	100.00	
Postage and Stationery	11.35	
Pre-event Dinner	900.00	
Post Race Function	399.97	
Advertising	30.00	
Sundries	7.26	
General Expenses	291.75	3811.61
EXCESS OF INCOME OVER EXPENDITURE		2860.74

Financial Report Medibank Private Marathon 1993

The Quarter Marathon was for the benefit of the organisers and crew to enable them to have a run on the weekend. The rain and wind were relentless and only a small field participated.

The Marathon was put back a week, to Mother's Day, because the Masters Games were being held in Perth on the first weekend in May.

This event was the first in WA to be given Athletics Australia certification and meant that records set would receive worldwide recognition.

Steve Jones had measured the course and was therefore required to be one of the lead cyclists, along with Steven Caygill

The timers were accommodated in the trailer borrowed from Cross Country.

Len Huff (The BRC went on to purchase Lens Sound Van many years later and it is still present at all our events), Brian Kennedy provided the commentary.

Presentations were held at the Runners Club room for the first time followed by a BBQ with meat packs, salads and drinks available, thanks to Brian's organisation.

Ian Parker was in charge of entries which suggests they were all entered into a computer programme for the first time, this was another step in the development of the event.

The club had now purchased it's own Chronomix clock, purchased through Runners World in Perth. This was one of the biggest investments the club had made to date.

Two weeks before the marathon, one sunny afternoon children belonging to the club were encouraged to clean the drinks bottles and sponges to be used on marathon day. They had a wonderful time on the oval in front of the new clubrooms.

A \$100 cash incentive was offered to those runners who broke any of the existing course records.

The course was changed this year, in order to make it safer and more interesting for the competitors

John Gilmour 1:31:01 set another world record for over 70s,

Ray Brown 2:30:39 won his second Bunbury marathon, with Martin Van Voorthuizan 2:34:37 placing second again, Basil Hanna 2:44:48 was 3rd.

Mary Morgan 2:56:33 won the ladies marathon in 7th outright position and was about to embark on a stella running career, Jaqui Robinson 2nd 3:08:32, Carolyn Brinsdon 3.36.18

Keith Yardley 1:12:02 won the half in what he reported to be ideal conditions from Gary Hetherington 1:12:09 2nd and Rod Barnes 1:15:37 3rd.

Jill Chambers 1:26:47 1st, Sally Vaughn 1:28:14 2nd, Joanne Collins 1:32:39 3rd.

This course, in part, followed Ocean Drive and was the **last to start at Hay Park**

A letter from John Gilmour expressed congratulations to the club and Brian in particular, for the progress being made within the club and the acquisition of the new club premises.

Jill Chambers also wrote congratulating the Club and accepting the invitation to run the following year, she particularly mentioned the marking of the course and the organisation of the run.

Jill and other winners of the 1993 event were all invited back for 1994.

The Second Bunbury Sea Scouts, who had become a integral part of the Bunbury marathon, supplying drink/sponge station attendants and course marshals, wrote congratulating the club and requesting an increased fee to be involved the following year. This request was aligned to the number of man-hours involved and included a comment on the next event being held on Mother's Day!

President Report:

Achievements in 1992

- * CC Classic introduced as major club event
- * Brian Kennedy became first club Life Member

Achievements in 1993

- * Clubrooms - Securing of the club rooms is seen as a significant development in the clubs future
- * Marathon / Half Marathon, huge success on new course
Congratulations to Brian Kennedy, Steve Jones, Ian Gibbs, Ian Parker
Club will aim to hold 1994 State and Country championship
- * Thursday night programme is extremely successful and all series are well attended 70 - 80 starters each week
Thanks to S. Jones, M. Jones, S. Wright
- * The close association of the Cross Country and Triathlon Clubs has been beneficial for all involved
- * Record Membership 229- 1993, 165- 1992
- * Thanks to all committee for their support and hard work
- * Thanks to all sponsors Medibank Private
Annie Malone - "Natural Temptation"

Gommes Shoe X
Frank Ward
Chappies Sports

Extract from 1993 Presidents Report



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Big marathon seeks international boost

THE popular Medibank Private Bunbury Marathon will turn international next year if an invitation to Japanese runners is successful.

The Bunbury Runners Club wrote to the Setagaya Sister City committee several months ago seeking help in attracting Japanese athletes to the event.

While club stalwart Brian Kennedy said time was running out with marathon now 20 weeks away, he was still hopeful of a positive response.

Marathons are big news in Japan, with the Tokyo Marathon rated as

By RON McDONALD

one of the most prestigious in world athletics.

Chairman of the Sister City Citizens' Committee, Cr Mike Buswell, rated the prospects of Japanese runners making the Bunbury Marathon an international event as "more than positive".

"It's a matter of time and who they (the Setagaya committee) can get," Buswell said.

"I'd say it's likely some runners will come over."

"They sounded very enthusiastic from the city's point of view."

He said the sister city committee had now played its part and that it was most likely Foreign Affairs would deal directly with the runners club.

Kennedy said the Bunbury Runners Club was not seeking Japan's best 42km specialists for the marathon at this stage.

"We'd prefer them to be in the 2hrs 30min-3hrs 30min bracket because that seems to be the norm in WA and is one of the reasons why so many people enjoy running down here," Kennedy said.

"The initial idea in approaching Japan was to build the race up over the next couple of years."

"Next May will be our 13th annual running and we want our 15th to be the big one."

Kennedy added that the May 15 marathon would mark a 10-year association with major sponsor Medibank Private and international runners would build the event's profile, even though it attracted in excess of 200 runners from around the State this year.

Last year's course around Bunbury was the first in WA to be officially certified as a marathon course, meaning times run around it will be accepted anywhere in the world.

The local club is hoping to entice the 10 Perth runners wanting to

qualify for the 90km Comrades race in South Africa next year to try and attain the standard in Bunbury.

The 'Comrades' attracts 10,000-12,000 entrants and is growing rapidly in stature around the world since the breakdown of apartheid.

The Bunbury Runners Club is riding a boom in popularity since securing clubrooms at the recreation ground, with membership up from 187 to almost 250 this season.

It has been attracting big fields for Thursday evening races and has also secured the State Track Championships for the 50km and 100km distances on the Aqua Spectacular weekend in March.