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MARATHON COUNTDOWN

We are happy to bring you this Marathon Special Issue of *Irish Runner*. Marathon Monday draws nearer every day and we hope that our readers may find some of the articles in this issue of benefit to them in their preparation for the big day.

We carry two interviews in this issue with two leading marathon runners......Bill Rogers, the great American Marathon man and Dick Hooper who won the RTE Radio 2 Dublin City Marathon last year. We hope that our readers gain an insight through reading these interviews as to what makes these great runners Win. Everyone who finishes the October Marathon will be a winner, as the sense of achievement will more than compensate for all the hard slog of mileage over the past several months.

It is the aim of Irish Runner to foster and encourage the tremendous interest that is evident in running and jogging in this country. We would hope that our readers will continue to train during the Winter months and we will be keeping you up to date with all the latest happenings in the Running world during this period.

Irish Runner has been appointed as the Official Media to carry the FULL RESULTS of the RTE Radio 2 Dublin City Marathon and we plan to make this a bumper issue and a collectors item. We will carry an extensive report of the race and the Results Issue will also carry lots of photographs and features. Order your copy today to avoid disappointment.

The Editor of Irish Runner will not be competing in the marathon this year but he has made a firm committment to getting back to full fitness for next year's event. (He still holds the Irish Junior 10,000 metres record set in 1970.) You can follow his progress in a column called 'The Long Road Back To Fitness' starting in the next issue.

To all of you who have put in the work over the past months we wish you a good run on the big day. We look forward to meeting as many of our readers as possible on the day of the race and we would like to take this opportunity to say well done to all who are involved in the promotion of this great event.

Good Luck to you all on Oct. 26th

Editor.

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Dublin 8.

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Dick Hooper winning the Wexford half marathon....his last race before defending his RTE Radion 2 Dublin City Marathon Title.

Photo: Brian Tansey.

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Letters

Dear Sir,

As it is not possible to thank everyone individually, may we through your columns thank all the officials who helped at the Omega League and Tissot Trophy meetings through-out the season.

A special word of thanks to the "current athletes" who officiated at the League Finals. Their help enabled us to organise a successful meeting.

> With renewed thanks, Sincerely,

B. King S.M.
Kay Guy,
Joint Co-ordinators,
Omega League/Tissot Trophy.

Dear Sir,

Congratulations on a fine publication, it has been long overdue, keep up the good work. We've got plenty of talent to fill the pages.

Yours in Sport,

Thomas Martin, Stradone Street, Ballyjamesduff, Co. Cavan.

Dear Sir.

Please send me the next six copies of Irish Runner to the above address. I hear it has been very well received. Congratulations on your efforts to date and good luck in the future.

Sincerely,

William Bolster, 34 Archer's Cresent, Loughboy, Kilkenny.

Dear Sir,

May I add my congratulations, - your magazine is a very fine production and the articles of interest to all athletes. The marvellous interest in the Dublin City Marathon prompts me to suggest that perhaps this is a good chance to get friends, to sponsor one with proceeds going to charity, this being the Year of the Disabled.

Yours sincerely,

Noel P. Henry, Clonliffe Harriers A.C. Dear Editor.

The editorial in your second issue had three different versions of the title of the RTE Radio 2 Dublin City Marathon, so I thought I'd drop you a line with the right version!

I'm delighted to see that you're carrying a special preview of the event in the September edition. We in Radio 2 are proud that the idea which we launched last year has taken off in such an amazing way. Every success to the new magazine and Radio 2 hopes to see all your readers in St. Stephen's Green on Marathon Monday, October 26th.

Yours sincerely,

Louis Hogan, Asst. Controller of Programmes, RADIO 2.

Dear Sir,

I have just received the first issue of Irish Runner from a friend. I find it very interesting and helpful in my training. I hope that you will keep up the good work on it.

Yours sincerely,

John O'Brien, Ballinavana, Kilmallock, Co. Limerick.

Dear Sir.

Could you please send me the next six issues of *Irish Runner* as I thoroughly enjoyed No. 2 which I spotted in a local shop. I enclose a postal order of three pounds to you.

Your sincerely,

Anthony Cahalane, Edencurra, Dunmanway, Co. Cork.

Dear Sir,

While in holiday in Ireland I was delighted to discover *Irish Runner*. I found it a most pleasurable read, and indeed very informative. I enjoy the sport of athletics very much, and I would be grateful if you forward me copies of Irish Runner as a means of keeping in touch with the Irish scene.

Yours sincerely,

J. Quirke, London Irish A.C. 59 Ellesmere Road, Dollis Hill, London N.W. 10.

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Dublin 8



MARATHON 81 SPECIAL

BILL ROGERS

Bill Rogers is one of the greatest, if not The Greatest, marathon runner in the world today. He first came to prominence when winning the Boston Marathon in 1975 in 2.09.55 and he has won this event on four occasions. He also won most of the World's top prestige marathons such as the Futloka in Japan and the New York Marathon. Irish Runner is happy to be able to bring Irish runners this interview with Bill Rogers and Dave Dempsey.



Interview given by Bill Rogers to Dave Dempsey, at the Bill Rogers Running Centre, Cleveland Centre, Boston on July 3rd 1981.

Dave: Firstly, Bill, would you like to say hello to some of your friends in Ireland? Bill: Yeahl I've known Neil Cusack, Louis Kenny, John Treacy.

Dave: Have you any plans to race in Ireland? Would you like to race there? Bill: 'Course I would! One of these days I want to get over there. I've raced once in England, once in Scotland, but I haven't travelled that much overseas lately, but I would like to some day, yeah!

Dave: I see that you've got plans to head for The Stockholm Marathon this year, is that still on?

Bill: As far as I know it is, unless the Athletics Congress, our National Federation tries to stop me from going cause I ran in a prize money race.

Dave: I just saw that in the papers and the results were really interesting - how do you think it will work out?

Bill: I think that for the people who took money they may try to stop them from competing internationally to some degree. They'll call up other Federations and put pressure on them not to allow our athletes to compete there, so it's up to all the National Federations! If athletes from Ireland, from England, Sweden, West Germany can only kind of stick together and say 'listen' - we need to have the rules changed to help our athletes - to help them to have a better shot at competing and making a living. You know if the athletes will stick together I think we can win on this kind of issue.

Dave: You really seem to have taken up

Dave: You really seem to have taken up the athletes cause here. Even from the sketchy reports we get at home you really seem to be the one who is fighting everybody's cause. Do you think that there's some bad feeling against you on account of that?

Bill: (Smiling) Like athletes in most countries we've had our backs to the wall for a long time. You have a tough time! Most of the athletes have had a tough time making a living and competing- there's a few exceptions-myself included, but most of them have

had a much tougher time, and I had a tough time for a while when I was trying to move up, so I'd rather see the rule changed to help our athletes instead of having a lot of Federations fighting our athletes.

Dave: Do you think the athletes appreciate the work you're doing for them - by really bringing their cause to the fore?

Bill: I guess some might, but some might say that I don't do it enough (laughing), some might say that I don't put enough into it - cause I didn't run for money in the first race - The 15KM Cascade Run Off. I just ran as a so-called amateur, but I hope that we can work something out, so by our next one I can run for the money - over the table. Dave: Do you think, then that this is going to be the road racing of the future with the money straight out - without the 'under the table' payments?

Bill: Sometime it will be like that - more and more! For now - in most races I'm sure they'll still pay the athletes 'under



the table', like they do all over. But our circuit is going to be bigger next year, about 15 races in 1982.

Dave: Does the fact that the Games were such a mess up last year - does that affect your attitude to athletics and

taking money?

Bill: I'd say there's no question about it, because we saw Politicians and various organisations—that—make—up—our National Olympic Committee just throw us down the drain and they're supposed to fight for us and they went the exact opposite way and fought against us! You know we were just completely used. So I think the athletes kinda see that they have to stand up for themselves because I can tell you no one else will stand up for you.

Dave: Does it still hurt the fact that you didn't get a chance to run in 'The

Games' last year?

Bill: Well, it's really strange. The United States has always backed the Olympics since the modern Olympics began - but it was kind of a weird situation. Then on the other hand it would have been hot in Moscow and I don't like hot weather marathons. They're tough, really tough, so who knows.......?

Dave: Do you think that was a good result with Ceirpinski first and Nijdor

second?

Bill: I think it was fantastic racing. Ceirpinski is one of the greatest Marathoners in the world.

Dave: You really think he's one of the best in the world, don't you? After yourself, of course!

Bill: (Laughing) Oh no, no he's ahead of me. Yeah he's the best in the world - and Seko!

Dave: Yes, Seko's run here this year was really excellent.

Bill: It would have been interesting to have seen him race Ceirpinski in Moscow.

Dave: Were you surprised that Nijdor came up so fast?

Bill: (Laughing) What can I say! Yeah kinda like a meteorite! Suddenly he's 2.16 then he's 2.09 and a silver medal. Dave: Is he the one who is capable of breaking the world record?

Bill: I think that his time certainly is nearest the world record. I don't think that Derek Clayton's is the world record. Dave: It's certainly a bit shaky, that 2.08.

"I THINK ITS 2.09 FLAT"

Bill: Yeahl It's too controversial - the course might be short, so it's hard to tell - I guess somewhere around 2.09 flat must be the world record, so if some guy can run it on a really certified course, one that they can measure and remeasure a number of times then you'll know you have it.

Dave: So you think that Nijdor's 2.09.01 would be closer to an actual world record than Derek Clayton's?

Bill: That's the way I look at it.

Dave: What about the Boston race? To us at home it is probably 'The Marathon'. Does it still hold the same magic to you now that you've won it

so many times? Bill: Oh yeah! It does - but it's tougher you know. The competition has gotten tougher and tougher each year now. And with Seko coming over that really capped it off. He's probably the best in the world for 1981.

Dave: Is it because he had two really classy 2.09's quite close to one another?

Bill: Yeahl Back to back.

Dave: Speaking of Seko, what about the Japanese Fukouka Marathon?

Bill: I don't know if I'm going to go there this year or not. I don't know what my marathon will be like in the Fall.

RECOVERY

Dave: How long does it take you to recover from a marathon, do you recover pretty fast now that you've run so many?

Bill: I recover on a cool weather day much quicker - in about two weeks I'm fairly recovered, three weeks before I really want to race again. Hot weather is harder. But I recovered really easy from Boston this year. It was my easiest Boston recovery. It's my old agel

Dave: Maybe you're just getting more used to them! Do you think that 3 or 4 really serious ones a year is enough or maybe even too much.

Bill: If they're evenly spaced then OK I think you can do 3 or 4, but I think that's pushing it. If they're close together - like my two Stockholm and Brazil, they're really too close.

Dave: Well you're really exceptionally fast ones - your 2.09's, do they take more out of you than an ordinary one for you - 2.15 or 2.16? Or is it just as you feel on the day?

Bill: The day you feel best and you race faster you usually recover quicker 'cause you're in better shape and conditions were good. The day that I run a slower race, in the 2.20's or when I hit the wall - those are the tough ones to recover from, for me.

Dave: Well how does your training go now?

Bill: I'm basically doing pretty much the same kind of training I've done for the last few years. I try to train twic a day-some days I miss it, but I try to do one long run once every week or every fortnight, about a 20 miler and then, sometimes - the same afternoon I'll do another run, 6-8 miles. I try to do speedwork once every week or two weeks.

Dave: So what would your total weekly mileage be?

Bill: About 120 - 125 miles.

Dave: And then you race pretty often as well?

8ill: Well, I race a lot now. When I first started my mileage was higher but my racing was lower so there's always a trade off. You've got to watch the trade and how your body's reacting to you're training and racing.

Dave: Do you race without resting down for the race - the lesser races?

Bill: Some! I almost always cut back a little bit for every race; at least one day. I've got a race this weekend and today, two days before the race I'll do normal mileage, about 18 or 20 miles but

tomorrow I'll do much less maybe 5-8 miles. If it's a serios race I cut back even more. For the marathon I cut back even more still.

Dave: For the week before the marathon do you cut right down?

Bill: I start cutting back 3 days before the race, I do maybe two 6 mile runs that day - two days before I go one run; 5 miles the day before 3 miles.

Dave: Do you believe in the diet that was so popular a few years ago amongst Marathoners. Do you use it?

Bill: I don't use the full week long diet. I just eat carbohydrate dinner two nights before the race, then I try to get a lot of rest and lie down a lot.

Dave: Do you find now that there's a lot of pressure on your running, now that everybody wants Bill Rodgers' scalp.

Bill: Not really! I think I'm really more perceived by the top runners as a guy who maybe was the real top guy there, but who is now going down a little bit, but I think that I can still run with most of the runners in the U.S. and the world at long distances.

Dave: I think it was really a pleasant surprise when you posted a 2.10 here from New York!

Bill: New York was frustrating, you know, 'cause I thought I could run 2.10 in New York last year, then when I fell, it was so hard to try to come back and catch them. Those guys were all running 2.10 themselves!

ZAPPED!

Dave: That fall must have really shaken you, especially at the time it came!

Bill: (Pulling up the leg of his trouser) Well, you can still see here, you know a little bit zapped up still here and there! Dave: You really must have hit the ground a fair whack?

Bill: (Laughing) - I feel like Lyndon Johnson showing my scars! But yeah, it was a complete shock.

Dave: Were you tempted to just pull out at that stage?

Bill: Of course I was tempted (smiling) you always want any excuse to get out of a marathon. But you have to go after them.

Dave: Of all the races, Bill, which would you regard as your most satisfying? Would it have been the '79 Boston when you posted your American record?

Bill: That was one, but I think maybe getting 3rd in the World Cross-Country, cause that was a real shock.

Dave: Yes, that was a real surprise to everyone, because I don't think anybody had reckoned you as world-class cross-country runner before then.

Bill: (Laughing) Yeah! I certainly never did. I never have been before or since. Dave: Maybe, just one of those good days! Cross-country running is really big with us in Ireland especially after John Treacy's wins.

Bill: Oh Treacy is amazing! He's a great athlete. I consider that's worth a gold medal in the Olympics. He's got as good a 2 golds in the Olympics.

Dave: Yes, this is what a lot of people

contd.

don't realise. You reckon that the World Cross-country is as good a test as the

Olympic Games?

Bill: Maybe better even. Because the World Cross-country you have everybody from milers to Marathoners. You've got the 10K people, the 5K people - they're all there to fight against and you've got about 150 people not just 10 or 12.

Dave: Do you race cross-country as part

of your winter training?

Bill: I used to do it more, and I train a little bit over cross-country types of ground, but I don't race it too much now - there's no money in it here (smiling).

I HATE THE HEAT

Dave: Do you have trouble now trying to fit in your business committments with your running? Do you still enjoy it as much?

Bill: Yes I do. Some of my runs I'm really dragging, though. I hate the heat maybe that's my Irish background. And the summers here, well sometimes it's tough. But I'm still having a good time at it. I still like it.

Dave: Would you like to give us a few more details on your Irish background. Maybe we can find some of your relatives.

Bill: Oh! My grandfather's father was from Ireland.

Dave: Do you know what part?

Bill: I don't know really, but his name was Molloy and he's pretty Irish.

Dave: If it's Molloy maybe it's Galway. We have a Marathoner at home from there and his name is Molloy.

Bill: Mick Molloy, yeah, sure I've heard

I'D LIKE TO RUN IN IRELAND

Dave: Maybe he's a distant relative of yours. Mick has run some long races in the past few years, thirty and fifty milers, do you have any plans to run these ultramarathons?

Bill: Mick has? He's running ultras? I don't have any immediate plans. Maybe someday I'll try a 50 miler or a 50 K. I'd like that. But I'd like to run in Ireland some day though!

Dave: We have a new marathon there. It's called the R.T.E. Radio 2 Dublin City Marathon. Last year was the first year.

Have you heard of that? Bill: Sure, yeah I've read about it and I know about it. It was won in 2.15 or 2.16?

Dave: Yes, Dick Hooper won it in 2.16 with Neil Cusack second; so maybe if some of the race promoters read this -Bill Rodgers would like to run in Ireland and maybe the Dublin City Marathon. You reckon?

Bill: Well, if they have a shorter race I'd rather run that (smiling) but you never know. I am trying to run some new races in different countries rather than the same old ones.

Dave: Does the travel put a lot of pressure on you?

Bill: Sometimes it tires you out - jet lag can really zap you. But now I'm pretty

MARATHON '81 SPECIAL

"You eat carbohydrate dinners,

drink a lot during the race and pace

yourself right and just try to avoid

hot weather marathons, if you

can"

experienced at that. I get there ahead of time. I remember one race in Holland I ran and I got there just the day before and by 25K I was standing in the middle of the road getting sick, and I had company with Neil Cusack, he was in trouble there too.

Dave: I read in your book that both of you were under pressure there.

Bill: Yeah! We were getting sick and trying to pull each other along. I finally had to pull out and I don't think Neil made it either.

Dave: No, I don't think he did. Speaking of not finishing marathons, what about hitting the wall'. Is it as bad as it's made out to be?

Bill: Yeah! If you hit it you certainly know it and it's because of the heat and the lack of pace.

Dave: Is there any way that you can really guard against it?

Bill: I think you can avoid it through your training and makin sure you're rested enough. You can cut down the incidence of it happening, because through experience you'll learn how much to rest. You eat carbohydrate dinners, drink a lot during the race and pace yourself right and just try to avoid hot weather marathons, if you can.

Dave: Talking of pace - do you usually try to dictate the pace in races? Is there a particular pace that you're really comfortable at?

Bill: There's a point at which I want to try to dictate it or try to move into a good position and start putting the pressure on. That's usually after about 8-12 miles, and then I start trying to run really hard, 'cause my strategy is to burst away in the middle of the race and cruise in the last 4-6 miles.

Dave: Most of your Boston wins have come that way, although weren't you pushed pretty close one year?

Bill: Yeah! One year a guy - Jeff Wells, moved up on me, surprisingly, over the last few miles and he had a tremendous finish and I barely made it. I beat him by 2 seconds.

SHATTERED

Dave: Although you don't normally look it, are you really as shattered at the end of a marathon as say the guy who struggles in in 4 hours?

Bill: Sometimes, I'd say so, yeah, I generally am. I mean I've dropped out of 3 marathons and those were just days when it was smartest to drop out, but generally yeah! A Marathon is so

different to most races, because it just leaves you so aching and sore.

Dave: Can you remember offhand how many sub - 2.12's you've run?

Bill: I think I have 10.

Dave: That must be the most in history. Bill: I don't know. I suppose for now it is. But (smiling) I'm sure Seko is going to be the one to move there or Ceirpinski. Dave: Does it surprise you how many people can reel off fast marathons now. where a few years ago 2.10 or 2.11 really was something special and now guys that were previously unheard of seem to be doing them?

Bill: Yeah, it does. But at the base of the pyramid there's so many people running that there's going to be more quality. That's a big part of it I guess. Everyone knows more about training. They have better opportunities to train than even five years ago, you're subsidised by a shoe company or something, so there's better

opportunities.

WILL 2.08 RECORD GO?

Dave: Well then, do you think that the world record, as it stands now, the 2.08 will go soon?

Bill: Yeah, I think Seko can get it on a real good course, If he picked the right

course

Dave: Is the Fukuoka fast enough? Bill: Fukouka is a good course and he's run 2.09.45 there - he's got 45 seconds to go. If someone breaks 2.09, as far as I'm concerned that's the world record. Dave: Probably three or four guys in the same race will push themselves to it. Bill: Yeah, maybel I think one of the courses for it would be the Grandma's Marathon in Minneosota here in the U.S.A., because that's a real fast course, but I think they have to measure it first too.

Dave: Finally, would you like to give some advice to potential Dublin City Marathoners?

Bill: I would say the main thing is if you're going to get into road running, try the shorter distances first, anywhere from 1 mile up to 6 or 8 miles. I would run those in the first year that I was running and try to run every other day or something like that and build up your distance. For everybody, each person is an individual case in the sense that you have different abilities so some people will be able to start off and be able to run a mile non-stop their first day of running, others may have to walk 50 yards, run 50 yards so it may take a matter of weeks, but if you stay at it, drink a lot of water and fruit juice, I think everybody can become a lot better and a lot fitter

Dave: O.K. Bill, thank you for taking the time to give me this interview and maybe we'l see you soon at a road race. in Ireland!

Bill: Yeah, Dave, I hope so, someday!

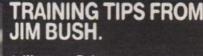


FORM: RUNNING COMMENTARY.

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JIM BUSH Head Coach—UCLA

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neavy exercise.

2. Get on a 7 day program. Be consistent in your workout. Set up a 7 day program and stick to it. I recommend alternating hard days and easy days. On hard days run a shorter distance at a faster than race pace. On easy days run a longer distance at a slower than race pace. For variety add some interval training to your schedule.

interval training to your schedule. Keep a training log of your daily

workout.

3. Set a realistic goal. Don't try to run too fast a pace too soon. Make sure you're in the proper physical shape to reach your objectives. And look for gradual improvements instead of dramatic breakthroughs.

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long distance runnings.

he BIG day for all aspiring marathon runners slowly draws near and by now all of you will have more or less completed your various training programmes. In th last few weeks most will be content with easy steady running and no excess mileage over the next two weeks prior to the race..... for the last few days an easy run for a few miles is sufficient to keep the body in fit shape but many serious marathon men I knew trained up to a few days before the event. If one has done the work over 6 or 7 months, a few days rest will do good.



By Noel Henry

The completion on ones first maratnon has to be experienced to really appreciate it...some women runners have said its like having their first baby but I wouldn't know that feeling. One feels a marvellous sense of achievement after all the planning, dedicated training and perhaps a little dreaming. I trust each one of you have enjoyed your preparation and have not let your running become an obsession or a bore....enjoyment is what its all about.....there is only one winner but in a marathon every finisher is a winner in a way.

Have all your plans for the day.....gear which has been used regularly on training runs is your apparel for the day.....shoes must be free from any roughness on the inside and a check the night before may well discover a loose tread that could mean a blister at 20 miles! A T shirt rather than a singlet and the modern type shorts with built in support.....make sure shorts are not too tight if they are too tight if they are take out a few strands of elastic.

In marathon day get to the Green early.....warm up very easily.....keep your track suit on as long as possible and once it is discarded try and keep the body warm by jogging up and down if you have room with the thousands jammed up for the start. Its going to be some occasion....thatis why I must warn you all not to get carried away by the excitement. Last year only 60 beat 2.45 and 159 beat 3.15 and 600 beat

3.40 many many more overestimated themselves and underestimated the 26 miles 385 yards. Over one third of the field failed to complete the course. This year about 60% of the finishers should be over 3.30.

Most of last years non-finishers, and linclude some reasonably good marathon men, went far too fast for the first five and can trace back their downfall to this if they have the sense to wonder "what happened"....all your long miles and hours of training down the drain and start again for the next year. Oh my, now its here and common sense must be the order of the day. Each one knows what he'or she has put into training. And now comes the return for all ones hard work.

The start, especially at the middle and the back will be "slightly crowded" (understatement of the year) for a mile or so. Don't panic. The field will spread out and if you have lost a few minutes early on all the better you will have more energy for the last six miles. Do not change your eating habits on the morning of the race. Eat early, I know everyone differs but I would suggest to have breakfast over by 8 a.m. A good breakfast but no fries the previous days food will carry you through. Even if you think you had a bad nights rest don't worry. I had three hours sleep the night before my first London/Brighton 30 mile race but it didn't affect my running. Before the start oil or vaseline all your trigger spots, armpits, nipples, crotch, etc.

You should get into a rythym of running after a few miles and do not be drawn into a faster pace by an exhuberent friend who wants you to go faster. If you are going at your planned 8.30 or 9.30 per mile let your pal go on ahead....he will probably come back to you at about 23 miles. Remember your aim is to complete this marathon and you do not want the awful DFN after your number in the Dublin City Marathon results of

I was always a cautious athlete. I always knew what I had put in and therefore knew what to expect out of a race. Sometimes due to my form, personal tragedies, or for no reason at all I would have a bad run. Put this down to experience and start thinking of next year.

If by chance you have been plagued by injury, chest colds or infections see your friendly doctor. It's a brave athlete who faces a marathon, but it takes more courage to decide not to run when one

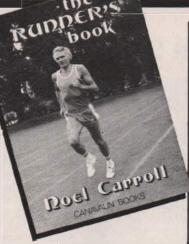
doesn't feel up to it....

After the marathon I used to always feel a kind of void in my life. I suppose like a child looking towards the arrival of Santa, and then suddenly its all over. My advice....take November, December, and January easy and then nine more months to the 1982 Dublin City Marathon.

Good. Luck to each of you.

BOOK REVIEW By Brian Tansey

EXCELLENT NEW BOOK BY NOEL CARROLL



"I find myself in a new world" writes Noel Carroll, "a world in which the sport of running has fallen into the hands of common men and women - people who months ago wouldn't know a running shoe from a bedroom slipper are now talking about Achilles tendons, aerobics and lactic acid". Noel does not mention that in at least some small way he is responsible for the metamorphosis which has changed the bedroom slipper brigade into the like of the Belfield Bashers! His love affair with running for over 20 years and his recent pioneering work with Dublin Corporation, the Sports Council and the Business Houses Athletic Association has contributed towards putting running where it belongs "in the hands of common men and women"

And it is directly at this category that this book is aimed, the only concession to the serious racer being the schedules provided for

the book by Dick Hooper. Noel sees the marathon in general, and The R.T.E. Radio 2 Dublin City Marathon specifically as the main target of his reader. The book provides guidelines by which prospective competitors can improve their present state of fitness, whatever that may be, to a degree where they can run 26 miles 365 yards through the streets

of Dublin.
"It is not the distance but the pace that kills" - Noel quotes his former coach Frank Duffy in his introduction to his own marathon schedule. This 6 month plan is aimed at the total novice and is geared for those who will take up to 4 or 5 hours to complete the course. It is a straightforward schedule, easy to follow and sensibly, from a runners viewpoint is based on time spent running rather than distance covered.

Also included are two schedules compiled by Dick Hooper for the more ambitious athlete, schedule 1 catering for those hoping to run 3-31/2 hours for a marathon, schedule 2 for those aiming at 21/2-3 hours. These 15 week schedules presuppose a certain level of fitness and are obviously more demanding than Noel's own programme. As such, I felt, more background to these would have been worthwhile (e.g. is the interval work recommended speed or endurance orientated; how hilly is a hilly run? At what speed should an athlete run his/her 10/12/15/20/25 mile runs to be

Purcell, apologising for arriving somewhat late explained: "It's one of the problems of being a runner, a working wife and a mother". In his chapter "Women Runners" Noel deals with the difficulties,

on course for a 21/2 hours marathon?) At the most recent Gowan Motors Marathon Seminar, Mary

social, psycologigal and physical which confront would-be women marathoners. The progress of women in this area in the last 10 years is nothing short of amazing and the author rightly devotes time towards dispelling any lingering doubts which may exist about womens ability to equal and indeed to emulate men in distance events. Whereas the world best time for men in the marathon as been improved since 1969, women's times have tumbled by a staggering 35 minutes plus, in just 10 years. Gretta Waitz's time of 2 hrs. 25 is only a tantalising 12/15 mins. behind what world class male marathoners are achieving at present. In his penultimate chapter Noel deals with an area which he states has traditionally been neglected by writers - runners relationships with family and friends. The divorce rate among those in New York Marathon last year was 340% above the national average. "It seems" continues Noel "that men who seek fulfillment, confidence and autonomy during leisure time" don't find wives to be too willing accomplices. No mention is made of the fact, however, that 20% of the competitors in distance races in the 'States' are women and that the most susceptible marriages are those where a running wife is married to a non-running husband! I was tempted to say that for its size the book was a little overpriced at £2.30. But with all proceeds going to that most worthy charity GOAL and at about 1/10 the price of a pair of running shoes its probably the cheapest and most beneficial piece of training equipment you will ever buy!



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MARY WALSH

Ireland's First Sub Three Hour Marathon Mum



· Mary Walsh and family relax at home.

eventually joined Clonliffe Harriers with

whom she won an Eastern Region team

t took a Cork bus conductor to make Mary Walsh realise that she was famous. An hour after she had finished second in the first ever Irish Ladies BLE Marathon Championship, (run concurrently with the Mens Marathon on the Mallow Road on Sunday June 7th last), Mary, her hushand Pat, daughter Michelle (11) and sons, Garry (9) and Colin (4) were trying to get a bus back to Cork to catch the train for Dublin. Eventually a bus bound for the garage stopped and the crew offered to take them a bit of the way. As they made the journey the conductor inquired as to what brought her to Cork. When Mary replied that she was competing in the Marathon the conductor asked "Oh then you must know Mary Walsh"? When he realised that his heroine, husband and offspring sat before him the conductor and his driver eschewed the garage and proceeded to the Railway Station where the Walsh family caught the train in ample time. The following day the newspapers did indeed record that Mary Walsh had finished second to Carey May in the Ladies Marathon Championship and that her time of two hours fifty eight minutes six seconds made her the first married Irishwoman to beat three hours for that distance. As a result of this performance Mary Walsh not only became the second female athlete registered with B.L.E. to run a sub three hour Marathon she is, given the fact that Carey May was born and reared for ten years in Portsmouth, the first native born Irishwoman to beat three hours and the only one to date to do so. Mary Walsh did not start running until the age of twenty four by which time she was already the mother of two children. Her husband was and still is a very useful athlete who finished 72nd in the first R.T.E. Radio 2 Dublin City Marathon in 2 hours 46 minutes 59 seconds. Through going around the races and meetings with him Mary got to know some girls who ran and

Cross Country Championship and made the Dublin Cross Country team. "No", she says "the children were not a hindrence. We brought them with us to the sports and races and Pat and myself did the circuit of Ireland". The sideboards and walls of their home in Oaklands Avenue, Swords bear formidable testimony to the success of this campaign. Cups and trophies from countless sports meetings throughout the country abound. In November 1979 Mary ran in the Donore Half Marathon, run on grass in the Phoenix Park. She finished in under 88 minutes. "This was the race", she said "that made me realise that the further I went the better I got". With husband Pat she began training for the B.L.E. Marathon Championships which was to be held in her native Tullamore the following Summer. The 1980 B.L.E. Marathon Championship had no Ladies section but Jean Folan was favourite to take the Ladies prize awarded to the first woman to finish. Pat Walsh had hoped to run the distance himself in two hours thirty but injury forced him to lower his sights and he decided to run with Mary. Despite the near tropical conditions, they both set off at a spanking pace and Mary reached the half way mark in 87 minutes, a thing hitherto unheard of for an Irish female athlete. Jean Folan was well over a mile in her wake and had made no progress by the nineteen mile mark. "I was going grand, when in the space of a half a mile I went from going easy to absolute distress' she said. The inevitable ride back in the ambutance followed and Jean Folan took the Ladies prize. Seven weeks later

Mary routed her in the Clonliffe-Twenty

running two hours sixteen minutes to

Jean's two hours twenty four. However,

on the basis of the race in Tullamore

Jean Folen represented Ireland in the 1980 Avon Ladies Marathon in London.

A bitter disappointment awaited her. Mary Butler of Crusaders A.C. decided to run at her own expense in preparation for the R.T.E. Radio 2 Dublin City Marathon. She not only beat an off form Miss Folan but with three hours thirty seven minutes lowered Jean's best time for the distance by ten minutes. Three weeks later Carey May ran two hours fifty three minutes in Letterkenny, Mary Walsh ruefully reflects that had she run the Tullamore race not for time but to get the distance she too would be counted among those pioneering B.L.E. Lady marathoners who helped to bring down the time.

After Tullamore Mary was nervous about Marathons but the Clonliffe Twenty, the Track season and running second to Carey May in a ten mile race in Donegal restored her confidence. In the first R.T.E. Radio 2 Dublin City Marathon she ran a most determined race to be the second lady to finish and the 183rd competitor overall with a time of three hours two minutes twenty

seven seconds.

She had a good Cross Country season and proceeded her run in Cork with two hours eight minutes in the Clonliffe Twenty of 1981, eight minutes faster than the previous year. Mary Walsh seldom runs more than thirty five to forty five miles per week in training. "I prefer a steady short run to slow easy long runs" she said. "Any time she does do a twenty miler with me" said husband Pat, "she has no trouble running under seven minute miles". Pat Walsh is a great asset to Mary when she is recovering from a Marathon. An employee of Cement Roadstone, he is also a trained masseur. "Pat gives me a good massage after all my races which really loosens up my muscles and I also do a bit of swimming". In her spare time Mary enjoys gardening and going to the theatre with Pat. Daughter Michelle tells me that she and her brothers are very proud of their mother and that they follow her in all her races. Now in preparation for the forthcoming R.T.E. Radio 2 Dublin City Marathon in 1981 Mary is adding one track session per week to her normal schedule. What time is she hoping for? "When I enter a Marathon I only think about finishing. I don't do it as part of a feminist crusade but I am out to better my own achievements. If all goes well I am hoping for a good fast time", she said. On past form there is no reason at all why the triumphal circuit of success of this remarkable and accomplished woman should not continue on Monday October 26th and in many races afterwards. •

By Jim Dowling.



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MARATHON RUNNER

Most marathon runners will have injury problems but these are of a limited variety and unspectacular from a medical point of view. Stopping running will cure these injuries which are usually caused by minor abnormalities which are of no significance in the general population so do not be surprised if the doctor does not welcome you with open arms and advises rest.

The great majority of injuries will occur through breaking simple rules of training. Just as many of us in spite of prodigious training could not be top class sprinters, there are others with structural faults which will never withstand 100 miles per week (m.p.w.) for month after month. We are all different heights and weights, we all have different shaped knees and feet, some are made for high mileage whilst others are made for limited mileage. There are injuries which can be directly treated, there are others which can be indirectly treated and there are some which are untreatable in the context of running 100 m.p.w.

Someone wrote that athletic excellence is produced by combinations of heredity, training and environment -this is the same formula which gives running injuries. Heredity controls our shape, we may have been built with bow-legs or unequal leg length which produce various problems. We cannot treat these conditions but we may be able to take some steps to reduce their effects by, for example, building up one shoe. The heavier runner gets more injuries than the lighter runner, even assuming he is not carrying excess fat, he also sweats more and has increased fluid problems on the long run. There are a variety of other bio-mechanical problems such as the angle of the bone at the hip joint, twisting of the lower legbones which are untreatable. Many of these abnormalities are very minor deviations from normal and only become of significance when running a large mileage regularly.

TRAINING

Training is the most important factor for excellence and injury. This has to be considered from the point of view of quantity and quality as well as the training surface (environment). The present attention to increasing mileage appears to be correct for an improved performance but as mileage increases the number of runners who are capable of that quantity will decrease. Ignoring the obvious problems of self-dicipline

etc. it is a fact that we each have a different physical breaking point - for runner A this might be 80 m.p.w., runner B 100 m.p.w. and runner C 150 m.p.w. Emerson said that 'there is a crack in everything God made' and when you run over 100 m.p.w. you will find that crack. A small abnormality in leg structure (heredity) plus running 100 m.p.w. (training) on hard surfaces (environment) will sooner or later cause injury so you have to attempt to correct the fault and/or adjust the training and/or the running surface.

This article is reproduced from British Marathon Runners Club Handbook. The article is by Dr. Ian Adams, Medical Adviser to the Club. We wish to thank Vince Regan for his permission to reprint this article.

Most people have to run many miles on an unyielding road with extra stress particularly to the heels and knees, shoes must be very good for absorbency. Running on the road means a different running action from that on grass and from that on Tartan track, several months of training on one type of surface requires a gradual period of adjustment when moving on to another surface, I see many injuries caused by the road runner suddenly moving on to Tartan for a particular race. This change should be spread over several weeks of gradual increasing time on the new surface.

High mileage means little time for anything else, it also means that the primary muscle groups become well developed and tight in relation to those muscles of which little is demanded which become weak and overstretched. This leads to a muscular imbalance causing injuries and the more mileage you do the more important flexibility exercises become. Hamstring tightness is often associated with low back pain, tightness of the calf muscles and the Achilles tendon with ship splints and flat feet. Time simply has to be found for these exercises which require four or five minutes each day.

It is important to have a balance between the strength of the two legs. A minor sprained ankle, return to training with the muscles of the injured leg below par, most of the drive coming from the uninjured leg, loss of running style particularly on hills, the weak leg never regaining strength from simply running and further injury is almost inevitable. Special strengthening exercises such as stepups on to a stool must be undertaken. A muscle group constantly neglected by runners is the abdominals, weakness allows the pelvis to tilt and stress to be placed upon the back leading to pain and a shortening of stride length. There are numerous types of abdominal exercises which may be done with benefit.

Running style obviously varies from one individual to another, certain aspects are as characteristic and as fixed as our finger prints but other aspects may be modified. Overstriding will cause shin splints and hamstring problems. Running with the foot rotated outwards places twisting strains upon the knee, particularly on the knee cap, causing undue wear of the contact surfaces leading to 'runners knee'. This has to be slowly and very consciously corrected until a normal foot plant becomes automatic. Abnormal rotation of the foot is often associated with swinging the arm or arms too far across the body and correcting the arm action will often correct the foot problem.

ENVIRONMENT

The environment includes many things such as weather, temperature, shoes, running surface. Shoes are the most important item, cause the problems and have the least known about them. The importance of adequate padding in the heel and forefoot has already been mentioned and whilst the young runner will survive almost any shoe, the problem is more definite for the older or heavier runner. There has to be a compromise between padding and flexibility, if the padding is too thick this will reduce flexibility of the shoe which may cause shin and calf problems. Nowadays most everyday and training shoes have built up heels and when racing flats with a very low heel are worn the Achilles tendon and calf muscles have an unaccustomed stretch so flexibility exercises are essential if we are to avoid the unaccustomed stretch leading to injury. The choice of rounded or sharp heel is personal but I think there is a theoretical advantage in a rounded heel spreading the impact load. The problem of heel wear is important, once the heel becomes worn down, usually on the outer edge, then the action of the foot in running becomes altered and strained. Heels must be constantly mended by the cobbler or by yourself with one of the various plastic preparations on the market, once a month would seem to be reasonable. The running surface poses various problems. The hard road surface has already been mentioned. Most pavements are cambered, that is slope slightly into the centre of the road, and if you always run on one side of the road you effectively run with one leg slightly longer than the other. This can be easily advoided.

HILLS

Very soft surfaces such as sand make pleasant running, the heel will sink so Achilles flexibility is required. Carefully used it is a good stretching exercise. Similarly uphill running, particularly the Lydiard type of bounding, stretches the tendon and this has to be done carefully if there is any suggestion of Achilles tightness or shin splints. More of a problem is downhill running which places great strain upon the inner surface of the knee cap and is a major cause of knee pain, avoidance of this problem requires strengthening of the thigh musculature or when training by avoiding steep, downhill sections. Ideally a steep uphill section is good for the heart, lungs, thigh and abdominal muscles but a steep downhill section is no use to anyone.

The unreliability of the weather in the U.K. is really a minor problem. We rarely have the extremes of heat and cold experienced in marathon races abroad. Running in cold, damp weather certainly increases the likelihood of injury by usually clothing can be selected to reduce this factor. The problems of excessive heat and cold are medical problems but outside an article of this nature. Time of day is another factor, there are more injuries when running in the early morning because of stiffness. Lack of sleep and stress at home or at work may lead to a loss of the normal running rhythm, inattention to the uneven surface and more injuries. Moving on to discuss some common problems as they affect marathon runners we will start with the knee joint. Pain around the knee appears, from American surveys, to be the most

common running injury but this has not been so in my experience. The pain may be due to stretching the soft tissues or to abnormal wear on the inner surface of the knee cap. Some possible causes have already been mentioned. Check equality of the leg length, equal strength of the thing muscles in both legs, there is little totation on foot plant, the shock absorbancy of the shoes, the amount of downhill running, arm action. Treatment - if the knee becomes swollen stop running and only do tightening exercises of the thigh muscles until it settles, this may be speeded up by the application of contrast bathing. This consists of alternative hot & cold towels or hot water and ice in a polythene bag, one minute hot to three minutes cold repeated three times and all repeated two or three times a day. Contrast bathing is also useful for ankle sprains or muscle strains provided you only start doing this two days after injury. If there is no swelling then strengthen the thigh muscles by an exercise such as stepping on to a chair or a beer crate, the weak leg going up on to the chair, lifting the body up making sure that the knee of the weak leg fully straightens and that there is no push-off with the good leg, holding for five seconds and then slowly returning to the floor. Running should be kept within the causing discomfort and should initially be on a level, grass surface.

ACHILLES TENDON

Achilles tendon trouble afflicts many runners and as soon as this becomes sore STOP. A few days rest at the very start may prevent weeks or months of rest later on. Pain is a signal of trouble and there are very few injuries you can 'run through' - Achilles problems are not one of these. Initially slacken the strain on the tendon by having a pad of chiropody felt or foam in all shoes you wear on that foot. Ultrasound from a physiotherapist usually is helpful. Attempt to find why the condition was caused. Check flexibility of the Achilles, sudden change from built-up heels to racing flats, unaccustomed hill work or sand running, worn down shoe heels, marked flat feet, too sudden an increase in mileage. Treatment with heel pad, ultrasound, stretching exercises and a gradual return to running schedule. Occasionally an injection of hydrocortisone alongside the tendon or an operation may be required but neither are magic cures and both have definite risks.

'Shin splints' is really a ragbag diagnosis, covering several possible conditions. The usual condition is tenderness, possibly with some swelling, or the inner aspect of the shin bone with most tenderness just off the bone. The one condition to exclude is a stress fracture - a crack in the bone caused by repeated impacts such as running - where the tenderness is always on the bone itself and this requires an X-ray which will only show changes two weeks after the trouble starts. For the normal shin splints check overstriding, abnormal rotation of the foot, unaccustomed change of running surface. Treatment is stretching the Achilles and calf muscles with strengthening of the muscles on the front part of the lower leg.

Foot problems are numerous and important. Abnormalities of the foot may cause problems anywhere in the lower limb or in the back and deserve an article on their own. I would suggest that those with possible foot problems should read 'Athletes Feet', a booklet produced by the Runners World publishers.

NO MIRACLES!

This article has attempted to cover some of the problems causing some of the injuries which occur in marathon runners but obviously there are many problems which have not been considered. Different doctors may have different ideas on treatment so find one you can trust and listen to the advice. By all means if the problem does not settle obtain a second opinion but the worst thing you can do is to trail your problem around numerous doctors until you get the advice you think is correct. This is as beneficial as having six coaches and attempting to follow all their training routines at the same time. You are unusual in wanting to run a marathon and have devoted months or years in acquiring this ability and, I regret to say, that some of your injuries may take months to correct. I have not witnessed a miracle for many months.

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NARATHON, MAN

HOPKINTON -- 212 ME

APRIL 17, 1978

Although Dick Hooper(Raheny Shamrocks A.C.) represented Ireland in the Marathon at the Moscow Olympics with his elder brother Pat as his team mate and noting he has won the B.L.E. Marathon Championship in 1978, 1980 and 1981, he is probably most celebrated as the winner of the inaugural running of the R.T.E. Radio 2 Dublin City Marathon last October. As numerous females and males throughout the country pound out the miles in preparation for the second running of this tremendous event, Dick too is warming up to defend his title. Recently he spoke to Jim. Dowling of Irish Runner about his career to date and his hopes for the future.

MARATHON '81 SPECIAL

Jim: Dick to go over what lalready know but most of the readers perhaps don't, what age are you and at what age did you start running?

Dick: I'm twenty five and I started running at the age of fifteen while at school at St. Pauls Raheny.

Jim: What were your main achievements early in your career?

Dick: I finished second to Eddie Hartnett brother of John in the All Ireland Schools Cross Country Championship and second to Mick Byrne in the All Ireland Schools Steeplechase Championship. In 1975 I was on the Irish Junior Cross Country team which also included John Treacy, Louis Kenny and a favourite of yours Gerry Finnegan the courageous Clonliffe stalwart as you like to put it. Jim: At what age did you start running the Marathon?

Dick: Twenty one.

Jim: Did you start running the Marathon in order to avoid Treacy, Finnegan etc. because you could not beat them over shorter distances?

Dick: I started running Marathons because I had Olympic ambitions and I did not feel I would ever reach the Olympic qualifying standard over ten thousand metres. I knew I had enough talent to make it at the Marathon.

Jim: How did you become aware of this?

Dick: I ran in the Liffey Valley Half Marathon and finished fourth in 68 minutes 32 seconds, beating experienced Marathon runners like Brendan O'Shea. Then I started doing twenty mile runs with my brother Pat and Jim McNamara and I found I could stay with them comfortably. I felt then

that my vocation lay in Marathon running.

Jim: Do you not think though that the Marathon attracts a lot of bad track and Cross Country runners?

Dick: I think the Marathon is a natural extension for anyone with ambitions in running. The desire to run the distance comes not from without but from within, You cannot be pushed into doing it.

Jim: What do you regard as your best

Marathon?

Dick: The 1980 B.L.E. Marathon Championship in Tullamore in 1980 which I won in two hours sixteen minutes, twenty seven seconds. Everything clicked dead right that day. Jim: That was exceptional running in near tropical conditions?

Dick: I have to admit I was pleased with

Jim: The general impression is that you are very well rehearsed before a Marathon?

Dick: You have to treat the Marathon with the utmost respect and leave no stone unturned in your preparation. There are only three or four marathons per year so when you run one you are putting all your eggs in one basket and you have to run well. You must see to your physical, mental and spirtiual welfare and peak on a particular day. I see a mighty challenge in that, getting yourself right on a particular day.

Jim: You say spiritually, are you

religously minded?

Dick: Oh God, let's not start bringing religion into it. I am fascinated by the idea of getting everything right on a particular day. I suppose the I implore the Gods for help as much as any other person would.

Jim: At what stage does your real

preparation begin?

Dick: It depends on the gap between races. I work on a three month schedule basically.

Jim: How do you start?

Dick: I up my mileage from 120 to an average of 140 miles per week. This includes a lot of hill running. I proceed with this until three weeks before a race and then start my sharpening up period. Jim: What does sharpening up involve? Dick: I'm not going to say.

Jim: Do you think that in preparing for a marathon it is best to train as much as possible on grass in order to save your

legs?

Dick: I do 95% of my training on the road. I suppose the athletes' environment has a lot to do with it. The Marathon is a road race so you train on the road, although I do seek solace on grass when my legs get very sore. I've done most of my training on the roads in recent years and I supose my legs have adjusted accordingly.

Jim: Your brother Pat has had a lot of injury lately. Do you not fear this yourself or suffering from arthritis in

vour old age?

Dick: Men who sit in arm chairs all their lives get arthritis too. You can't be blaming your running for all your ailments.

Jim: How do you compare running a

Marathon with running over a shorter distance on the track of Cross Country? Dick: Well this is getting back to my fascination with preparing for particular day. Other races don't excite me in the same way or to the same extent. I do enjoy the atmosphere of road running. My interest in Track running has waned over the last few

Jim: Do you not think that the first R.T.E. Radio 2 Dublin City Marathon completely destroyed the mythology of the Marathon as the greatest test of endurance in that it demonstrated that anyone from a child of nine to an old man of sixty nine could complete the distance provided they ran it slowly enough to preserve this energy?

Dick: It is no harm if old attitudes to the Marathon have changed. The great thing about the R.T.E. Radio 2 Marathon is that it has popularised running and made Marathon running a great spectator sport. Everyone watching seems to know at least one person taking part. There is also the element of climbing your own everest.

Jim: Mind you, you need more courage and skill to climb Everest than to run the R.T.E. Radio 2 Dublin City Marathon? Dick: The point of my simile is that both can be accomplished if you put your

mind to it. Jim: You have tended to run down this years European Marathon Championships for which you did not make yourself available. Can you explain your attitude?

Dick: This European Championship is not an individual Championship but a team Championship. For example Sebastian Coe won the 800m in the Europa Cup but that did not make him the European Champion. If you are good at the Marathon you are on a four year. cycle. Every second year you have either the European Championship or the Olympic Championship. In order to qualify for either you must do well in the National Championships, You cannot run more than four marathons per year and every second year two of the four you run are dictated to by either the European of Olympic Championship, I think that in the odd intervening years you should be free to choose the four Marathons you run. The nature of the event makes it an individuals event and being your own boss is a very important part of it. I am not interested in running a European Marathon down a dual carriageway with two hundred spectators looking on when I can run the same distance around Dublin with half the population of the City out to see

Jim: Some people have voiced the suspicion that your enthusiasm for the R.T.E. Radio 2 Dublin City Marathon is due to the fact that R.T.E. are paying you a substantial sum of money in sponsorship to do so?

Dick: That is a load of crap. I am running in the R.T.E. Marathon because last year it was the most enjoyable marathon I ever ran and I want to repeat the experience.

Jim: Does it irk you that you are the B.L.E. Marathon Champion but not the fastest Irishman over the Marathon distance?

Dick: I'm only the seventh fastest Irishman over the distance but with the exception of Louis Kenny I have run Marathons against the other six and none of them have beaten me.

Jim: You are unbeaten over the Marathon on Irish soil?

Dick: Yes as a matter of fact I'm unbeaten over twenty miles or more on Irish soil.

Jim: Although Louis Kenny and you have never competed in a marathon against each other argument rages over his time compared with yours?

Dick: It is very hard to compare times on different courses but in defence of myself and using Niall Cusack as a yardstick, Niall finished one minute and twenty nine seconds behind Kenny in Boston in April whereas both sides of that run he finished four minutes and twenty four seconds behind me in Dublin last October and three minutes eleven seconds behind me in Cork last June. Obviously the argument will be settled when Louis Kenny and I do meet and I look forward to te encounter. From an Irish point of view it would be better if it took place on Irish soil rather than have us both finish eighth and tenth in Boston or New York.

Jim: Are you impressed by the performances of Irish women over the distance of the Marathon in the last few vears?

Dick: This year I expect enormous improvement in womens times in the R.T.E. Radio 2 Marathon, You could get six or seven running under three hours. Jim: Have you ever suffered from the loneliness of the long distance runner? Dick: No. I do all my training on my own and I find the time spent out training compliments my other time quite nicely. Jim: Have you any other comments to make before I cue you for the last quotes?

Dick: I think its worth remarking that the current popularity of Marathon running has destroyed team competition in long distance races. Look at all the Senior clubs that could not field a scoring team during the last cross country season. No one wants to know about team races anymore. All they think of is their individual performance in the marathon.

Jim: You certainly have a point there. By the time this interview is published you will have taken the hand in marriage of Miss Frances Conlen. Is there any danger of your wife becoming a marathon widow?

Dick: I met Frances through my job not through running, but she comes to all my races and enjoys watching them and the atmosphere at them. I've finally met the girl who understands.

Jim: Lastly, what are your hopes for the future?

Dick: This I feel is my first peak year in the four year cycle 1981 to 1984. If everything comes out well I will run my best Marathons in these years.

'SUPREME CHALLENGE' for 16 year old Ursula

he 1980 R.T.E. Radio 2 Dublin City Marathon was a first marathon for many of its participants. As a 16 year old girl, it way my first marathon also. On the starting line I was terrified. I didn't know what I had let myself in for. But the R.T.E. Radio 2 Dublin City Marathon proved to be an unforgettable experience, one which I would love to repeat. It was the personal challenge in running the marathon which attracted me. I had been jogging sporadically since autumn 1978, but without any real incentive. Then my 25 year old sister, Eileen, wandered in one evening last August, and asked: "Do you want to run a marathon"? My immediate reaction was one of delight: "I'd love to" I am a slow runner/jogger and any cross country I had attempted was very discouraging. Fifteen hundred metre or three thousand metre races seemed to be practically a sprint. But the 26 miles 385 yards would be the supreme challenge. At 16 years old I wanted to prove to myself that I was able to complete what must be the ultimate running I had no illusions about breaking Grete Waitz's world record! If I started serious training in August, I felt I might fit in enough to be able to finish. That was my aim. Back at school in September, I had to whittle training down to what seemed to be the minimum necessary. This was my final year at Grammar school and with all important exams looming at the end of it, I had to be careful that running did not take over my life completely! So I settled for three 7 mile runs each week and one gradually lengthened one at the weekend. The longest run was 18 miles, two weeks before the marathon. The actual race was a revelation. Used to training on my own, (except on the longest runs, when Eileen would join me), running with so many other people was a novel but exhilarating experience. The marathon was not as physically devastating as it might have been because I must have paced myself correctly. The opening mile or two were fast, with everyone carried away by the almost euphoric Ursula Kelly comes atmosphere. Realising 1 from Downwouldn't get far by keeping that up, I patrick, Co. Down. She will be writing deliberately slowed down. further features

· Above, Ursula Kelly (Rt) and her sister Eileen.

he first 20 miles were the most enjoyable. It wasn't the scenery without my glasses I couldn't observe much - but the Dublin people who made it so, it was a collossal boost to be cheered and encouraged the whole way. The crowds never seemed to tire of cheering everyone, and when they saw a girl coming, they went wild. The last 6 miles were agonising - the real test of willpower. Many competitors were walking parts of this stage. I felt if I started to walk, my legs would 'seize up'. So I continued jogging, very, very slowly. At about 23 miles, my legs seemed to

I finished the marathon in 4:51, an average pace of

slightly over 11 minutes per

mile. It was slow, but I finished, which was what it

all about.

have disappeared! I couldn't feel them. Then at 25 miles, my legs returned It was a curious sensation. I had chatted with other runners throughout, but in the last few miles, talking became too much of an effort. All concentration was needed to keep my legs moving. I fell in with a fellow masochist at this stage. Few words were exchanged yet we paced each other to the end. The tacit support helped both of us to finish. "How do you feel"? the St. John Ambulance man asked anxiously after I crossed the finishing line. "Wonderful", I replied, "just wonderful"

Eileen finished in 5:01 and we hobbled back to base to soak in a bath for half an

hour. It was a pity that there was no presentation organised for the night, for at 7.30 p.m., despite our aching limbs,

for Irish Runner.

we wanted to celebrate! We headed home the next day, feeling pleased with ourselves. When the lactic acid had finally drained from our muscles, we weren't much the worse for wear. In fact Eileen recovered quickly. Two days later she headed to Donegal where she passed her Sub Agua First Class Diver's Award - an even more gruelling feat. We both intend to run in the Second Dublin City Marathon, I wanted to run in the London Marathon - but the AAA age limits put paid to that idea. But with a

considerably greater amount of training, I hope to break 4 hours on 26th October this year. Another, 23 year old sister is planning on joining us. So look out, Dublin City Marathon 1981 - here we come!

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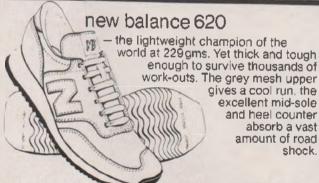
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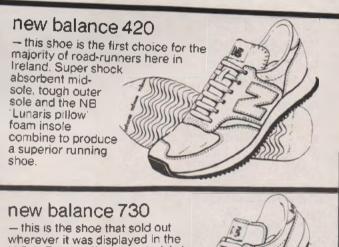
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BUSINESS HOUSES ATHLETIC ASSOCIATION

UNIDARE ROAD RACES

On the glorious atternoon Sunday 30th August 163 men and 36 women assembled at St. Anne's Park Raheny for the First Unidate Road Race. The Ladies Race was a 1500m event down the main road of St. Annes Park, and had one of the largest turnouts for the Ladies event at a Business Houses meeting.

The finish was a close affair with Phil Bridgeman (Container Transport) winning in 5.01 minutes, second was Maura Kirwan (Bank of Ireland Finance) and third place was Angela Brennan (ESB). Bank of Ireland Finance proved easy winners of the Ladies Team event with 19 points. A.I.B. were second with 27 points.

The Mens 6 mile Road Race was around by the coast road, up the Howth Road and finishing with the 1500m straight in St. Anne's Park. This course proved a real test of stamina in such warm conditions.

Kevin Maloney (Dublin County Council) raced home with a time of 29 minutes 58 seconds to beat Pat Hooper (PMPA) into second place. With the sweltering sunshine all the way the race was not expected to be a fast one, but maintaining an average 4 minutes 59 seconds per mile Kevin proved a worthy winner. Pat Hooper, making a comeback after an injury was pleased with second place in 30 minutes 50 seconds. Third was J. Power (CIE Rail) in 31 minutes 24 seconds.



marks! Start of the Unidare B.H.A.A. race at Raheny.

he Donnybrook Athletic Club held its fourth annual Point-to-Point Road race on Saturday 12th September. The race started as usual in Bray but this year finished at the New Sports Complex in Belfield instead of Donnybrook Garage as heretofore.

Three hundred and fifteen athletes, including twenty girls lined up for the start. The first mile was covered in 4 mins 35 secs but such was the quality of the field that no break was apparent, although the field was well strung out. The break however was to come soon and passing Loughlinstown Hospital a group of twenty surged clear. On the climb beyond the Silver Tassie, Roy Dooney had a lead of 3 seconds over Mattie McGrath with Con Power 4 secs further back. The chasing group in

which the Power brothers - Noel (Irish Shipping) and Jim (CIE Rail) - were prominent were a further 13 secs adrift. At Cornelscourt Dooney had increased his lead to 11 secs with Con Power rapidly overhauling McGrath but Noel Power was in trouble with a stitch. Here Pat Hooper began to move up with Dermot McShone, Smith, Reilly (Players/Wills) doing heavy work at the front of the group. Dooney was well ahead at Stillorgan with Con Power clear of McGrath. L. Nolan (Dept. of Public Services) began to show up well and passed Hooper to take fourth place. Meanwhile Greta Hickey was going very well as she led the ladies section the Misses Kelly and Butler were running side by side, not for the first time. At the turn into Belfield Dooney was a minute clear of Power.

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 Brian O'Keeffe (Home from Villanova) giving some advice in our Dublin store.

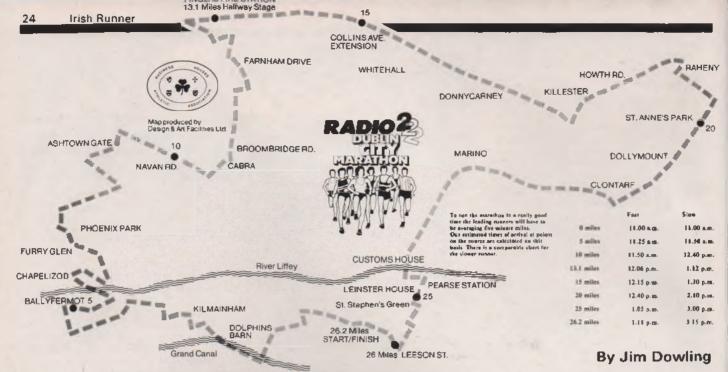
Unbeatable prices for October (Dublin Shop only while stocks last)

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HOOPER TO WIN?

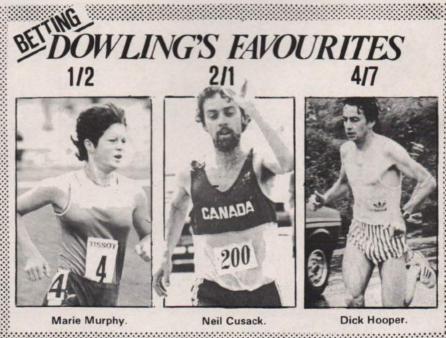
Though anything from six thousand to eight thousand competitors will line up for the R.T.E. Radio 2 Dublin City Marathon, the race for first place concerns a mere handful of athletes. Indeed, despite the likely presence of such as Brian Keeney, Pat Hooper, Paddy Murphy, Mick Byrne and Jim McGlynn many see the contest for the first place as a straight fight between B.L.E. Marathon Champion Dick Hooper of Raheny Shamrocks and Niall Cusack of Limerick who won the 1974 Boston Marathon.

In last year's Marathon, Cusack finished four minutes and twenty six seconds (i.e. three quarters of a mile) behind Hooper. Apparently in the B.L.E. Marathon in Cork there was a moment at the halfway stage as Hooper, Keeney, Murphy and Cusack slogged it out together, when Hooper weakened. Cusack asked Murphy to make the break with him but Murphy refrained and Hooper recovered to beat Keeney by one minute and seven seconds and Cusack by three minutes eleven seconds, both decisive margins of victory. Keeney will hardly have recovered sufficiently from his in the European Team exertions Championship to do himself justice in the R.T.E. 2 Marathon, so will Hooper have another moment of weakness and can Cusack take advantage of it? Personally I doubt it. I got the impression when interviewing Hooper that he is reserving his best shot of all for October 26th. He is unbeaten over twenty miles in Ireland and being Dublin based will have plenty of opportunity to run over the course. He should win for the second year.

In the absence of last years leading lady Carey May, Mary Walsh Clonliffe Harriers, second to Carey in last year's

race and again in the B.L.E. Marathon, will line up as the only lady in the race to break three hours for the distance. She looks sure to improve on her best time of two hours fifty eight minutes but she faces a formidable challenge for the first prize, Marie Murphy Dundrum A.C., Deirdre Nagle D.C.H. and Emily Dowling D.C.H. all fininshed in front of her in the Clonliffe Twenty. Miss Murphy finished three minutes in front of Mrs. Nagle in that race but Deirdre finished very strongly. Since then Miss Murphy has shown tremendous improvement on the track. Mrs. Nagle, the National 3000 m and 1500 m champion, is undoubtedly the class athlete in the race but she is relatively inexperienced over the longer distances. Miss Murphy ran three hours three minutes last year and has to be favourite this year. I believe she is capable of breaking two hours forty and is sure to make a big impact in the forthcoming Cross Country season. Greta Hickey DCH will be another in strong contention. Miss Murphy, Miss Hickey, Mrs. Nagle, Walsh and Dowling can all break three hours and they can be joined by Mary Doyle of Slaney Side and any of the other three ladies who beat three hours ten in the B.L.E. Marathon.

Beginners can take heart from the fact that last year, Seamus Duffy, a beginner ran two hours fifty five minutes for the distance and finished in 120th place.



MARATHON COURȘE - a guide

By Mary Butler

Wost participants in "the" Marathon on 26th October will be embarking on an unfamiliar experience, but one factor need not be totally new: the route. While legs, lungs and mental reserves face the unknown it's a confidence booster to know, at least literally, 'where you're going',

Setting out from Stephen's Green earlier in September on a very sunny, averagely-busy day it was hard to imagine the thronged morning of the marathon or the streets taken over by runners. All the same the density of numbers can be expected to remain high in the early stages - at least through the relatively narrow inner city Coombe and Cork Street areas.

More turnings and streets seemed to be involved in the first seven miles or so of the course than on the remainder. Much of this part is also new, though not, of course additional, since last year. The runner's first impression of spaciousness will be on reaching the canal and for those who really want to feel they've taken over the roads of Dublin you get the chance to run the wrong way down a oneway street.

Then from Sarsfield Street everyone turns off to do a loop of same two miles through Ballyfermot. If it's any consolation the first five miles of the journey are now clocked up. On re-joining the main road though, be warned: an extremely sharp, left turn downhill is approaching. So hold onto your

Achilles tendon as you take it.

Now for St. Laurence's Road, trees suddenly replace the houses and for those with enough time to look around them the dark green of the Phoenix Park is visible over to the

Having crossed Chapelizod Bridge the Park is surprisingly close. Going in Chapelizod Gate for three more miles of greenery, don't expect it to be a picnic. Nothing can disguise the fact that it's uphill. Although it levels off somewhat, with the landmarks of the Cheshire Home to the right and the Ordance Survey Offices to the left, you may be glad enough to leave again by the Ashtown Gate.

Here, almost coinciding with the ten-mile mark, last year's route is resumed. Ahead are the Navan Road, Nephin Road and then Finglas where, just above the Dairies, it's half-way. Try not to think about half-way for too long, it can be as daunting as it's encouraging so think of fifteen miles. Then sure anyone can do twenty.....

The course takes a right turn onto Glasnevin Avenue (formerly called Ballymun Avenue, in case you're following a less-up-to-date map of Dublin). A long, straight stretch follows, leaning gradually down towards the coast. All runners can be excused for the conviction from here on that all downhills are merely flat.

The centre of Raheny is by-passed by going down Watermill Road and by the time Dublin Bay greets your anxious eyes you will have gone beyond the twenty-mile barrier. What is left to be said? Really try to switch onto automatic here and keep moving. The coast road itself offers no distractions. Just concentrate on getting yourself back into town and you're home. Fairview will never have looked quite the same.....and as for Westland Row.....

If you're a veteran of last year then you have the psychological advantage at this stage of not having to face the long trek out to Donnybrook and back, so persuade yourself it's a short cut. It just might work! Somewhere beyond

Note: Since this article was written the marathon course has been altered somewhat. The lap of the Green is now omitted and the race route now includes West Finglas. See details on Map.

Government Buildings the twenty six miles come to an end but the .2 can seem almost as long. Grab the sight of the Finish, keep it there and hang on.

Words can't adequately describe the marathon course nor make anyone see it through their own eves. So my advice is to drive, cycle or jog it in advance, at least the areas you don't know. It could be one thing less to worry about on the morning when you'll want surprises kept to a minimum.

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We ask readers to write an essay of 700 to 1000 words on the theme "Why I run"

Entries will be adjudicated by a panel of judges and the winner will have his or her essay reproduced in the RTE Radio 2 Marathon Results Special.

The winner will also receive a Seiko quartz watch to the value of £100 and the second prize will be a Seiko quartz stopwatch. Both watches are being offered as prizes by Timemark Ltd. conjunction with Irish Runner.

The winners will also receive a free annual subscription to Irish Runner and the prizes will be presented on the night of the RTE Radio 2 Dublin City Marathon. We look forward to receiving your

This is the first in a series of essay competitions which we hope to run in Irish Runner.



Results & Fixtures

RUNNER



Runners early after start of Mallow metric marathon.

AMERICAN NEWSLETTER

With the approach of the Autumn, the Marathon season is ushered in with New York in October, followed by the new Philadelphia race in November.

New York, as everyone knows, is now the biggest and most lavish Marathon of them all. The numbers will be limited to 16,000 for safety reasons and this will mean that there will be about 40,000 disappointed runners whose entries will have to be refused.

The New York race starts in Staten Island and from there will go through the Bronx, Brooklyn, Queens and finishes in Manhatten. About 2.5 million people are expected to line the route to view this great spectacle.

The new Philadelphia race is the result of the merger of two races run for many years due to a conflict of interest in both camps. The race will begin in the historic Washington Park at Valley Forge where General Washington camped before attacking General Cornwallis and his later defeat at York town.

The race route is very scenic and a classic is in prospect through Pennsylvanian farm country, close to the well known Villanova University, along the Delaware River, and finishing at Independence Hall in Central Philadelphia.

The field will possibly be the finest ever assembled for an American classic Marathon and because of the downhill nature of the course, the times will no doubt be excellent. That great Marathon pace setter, Garry Fanelli is expected to set a scorching pace for the first 15 miles or so. From there, I expect Rodgers, Virgin, Salazer or one of the Japanese to take it up and establish Philadelphia as one of the Big Marathons.

Interest here in Philadelphia in running has never been greater and I'm sure that the 10,000 plus who start this race will help make it one of the classic marathons in the future.

I'll have more news from America next issue, including up to the minute news on Irish athletes back after the summer vacation.

John P. Keane

Mallow Metric Marathon

There was an entry of 250 for this well organised event run in intense humidity, which caused many athletes to suffer dearly for misjudging the pace. The distance of the race was 26.2 kilometres (about $16\frac{1}{2}$)

A group of about 10 broke away soon after the start and set a lively pace almost disregarding the weather conditions. After halfway, Der O'Riordan broke clear and seemed set for victory until caught a few miles from home by Richie Crowley and Pat Whyte. From there, Crowley's vast experience over his younger rivals began to tell and he bravely held on to coast home a popular winner from the fast finishing Donie Walsh and Jerry Murphy.

We asked Richie afterwards if he'd have a crack at the R.T.E. 2 Marathon and he replied "No way. I have to give the others a chance. Today's race was long enough, thank you. It's the longest race I've ever won and, I'll tell you, I was fairly tired at the end of it".

Results of Mallow Metric Marathon

- 1. Richie Crowley (St. Finbarrs) 1.31.48
- 2. Donie Walsh (Leevate) 1.32.34
- 3. J. Murphy (Leevale) 1.32.50
- 4. D. Casey (Riocht) 1.33.20
- M. Carey (Leevale) 1.34.02
- 6. P. Duffy (Leevale) 1.34.26
- 7. G. Meaney (Leevale) 1.35.42 8. W. Desmond (Unattached) 1.36.44
- 9. J. Buckley (St. Finbarrs) 1,37,12
- 10. D. Burke (Cork Road Runners) 1.37.26



 Dessie O'Connor (winner) leads John Linehan in Killarney half marathon. Pic....Fr. Liam Kelleher.

Killarney Half Marathon

Dessie O'Connor of Marble City Striders was the impressive winner of the Killarney Half Marathon held on the 13th of September. O'Connor, who led from the start was chased home by J. Linchan of Riocht and John O'Toole of Tullamore finished 3rd. The race run a beautiful scenic course in Killarney was a great success and over three hundred competed. It is certainly an event to pencil in for next year.



THE PONY BRITISH MARATHON

Marathons the world over, are getting bigger and bigger and the Pony British Marathon held in Bolton, England, on August 23rd was reckoned to be the biggest in Europe and second only to New York in terms of popular interest. I was greatly impressed by the organisatioon, led by Irishman Vince Regan, and so too were the R.T.E. 2 representatives who travelled over to gain some helpful hints on how to handle a popular marathon.

As soon as the last runner had completed the course, in over 7½ hours, Vince was already talking in terms of an even bigger Marathon next year. It was estimated that about one million people turned out to witness this marvellous spectacle and it is really of minor interest to tell you that the 'race' was won by Stan Curran in a time of five minutes outside his best.

Maybe it was the hot day that slowed down the front runners and made it a day to enjoy for the joggers. Over £1 million was raised for various charities by various runners, the most famous of whom was the 'veteran' TV personality Jimmy Saville. In fact, I believe that Jimmy raised over £120,000 for his named charity - Stoke Mandeville Hospital.

By Michael Joyce

Result.

- 1. S. Curran 2.19.23
- 2. D. Austin 2.23.34
- 3. A. Sladen 2.24.10
- 4, W. Domoney 2.24.39
- 5. B. Heath 2.24.55 6. P. Blakeney 2.25.37
- 7, P. Hayward 2.26.04
- 8. K. Best 2.26.04
- 8. K. Best 2.26.55
- 9. T. Coulton 2.27.11
- 10. M. Firth 2.27.22
- 11. M. James 2.28.15
- 12. B. Watson 2.28.51

Fourth Annual Frank Duffy Memorial Road Race (10 miles)

Sunday 11th October, 1981 in the Phoenix Park, Dublin at 12 noon sharp

Sponsors: MERCANTILE CREDIT

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Ulster Marathon - A great success

Once again the promotion of the Ulster Marathon by Letterkenny A.C. was first class. There was an entry of 157 and 92 finished. The defending Champion, Billy Gallagher, pulled away in the last few

• Start of Ulster Marathon.

miles to a deserved win in a good time of 2.26.45. Twenty seven athletes broke the 3 hour barrier and 80 were under 4 hours. Letterkenny won the team award while D. Brannigan won the veterans and Ann Hancock won the ladies.

Report on the Marathon of History and Peace - Rome Sunday 6th September,1981

An estimated 20,000 runners assembled in St. Peter's Square under a scorching Roman sun on Sunday morning 6th September, 1981 for the start of an international 18 Km race which was called the Marathon of History and Peace.

By Michael O'Connell

The race was run throught the historical areas of Rome and despite the intensity of the climate and the competition the runners had to admire and marvel at the runs of Caeser's ancient empire, the magnificent monuments including the Ville Borghese. Piazza del Popolo, the Spanish Steps, the Trevi Fountain, the Piazzo Venezia and the Cestia Pyramid. The race finished at the

Colosseum with Coca Cola supplying sufficient refreshments to flood the river Tiber

The race was won by the Australian Robert De Castella in 51:01:2 from the Italian Michelangelo Arena 52:37:3, Britain's Bernie Ford 52:46:5 and Sweden's Tommy Person 53:27:4. The first woman home was Norway's Grete Waitz who finished in 21st place in a time of 57:42:2.

Eddie Spillane and myself were fortunate enough to take part in the race which was an incredible spectacle. I sprinted past a German a few meters from the finish and in keeping with the atmosphere of the occasion he shook my hand as we lined up with a long line of athletes at the finishing tunnel. I reminded the German that 2,000 years ago the loser would probably have been led to the lions in that area under which we stood.

Big Jump in Marathon Standards

I recently uncovered a newspaper clipping giving the ranking lists for the year 1970. The track times that year for men were quite good. As examples, Brendan O'Regan tops the 100 metres list with 10.5 seconds, Fanahan McSweeney the 200 metres and 400 metres with 21.1 and 46.1 and in the 10.000 metres an Irish Junior record (which still stands) of 30 minutes 17 seconds was only good enough to place a certain F. Greally in fifth spot for the year. But the most interesting of the lists was the one for the Marathon. It reads as follows:

- L. P. McMahon 2.14,53
- 2. D. McDaid 2,22,13
- 3. E. Spillane 2.30,01
- 4. J. Moriarity 2,30,58
- 5. C. McIntyre 2.32.03
- 6. J. O'Neill 2.35.08 7. W. Dunne 2.36.07
- 8. F. O'Leary 2,36,18

9, J. O'Leary 2,36,18 10, N. McDaid 2,44,16

11, J. McDonagh 2.47.27

How many people can remember Pat McMahon the Clareman who finished 3rd in the Boston Marathon in 1970? His time for the distance then stood as an Irish record until Neil Cusack won the 'Boston' four years later. Ironically, it was Danny McDaid, ranked over 7 minutes behind McMahon in 1970, who in turn lifted the record from Cusack when winning the National title in 1976.

Most of the other runners appearing in the above list are still running today. Eddic Spillane's best time of 1970 would have placed him only 14th in this year's National Marathon. Incidentally, Eddie is still running well and was 32nd in this year's National Marathon in a time of 2.39.57. Similarly, 11th ranked of 1970 (J. McDonagh in 2.47.27) would not have been in the top 50 in this year's national championship. **By Michael Joyce**

The Roadrunner

The story is told of a man of fifty seven competing in last year's R.T.E. Radio 2 Marathon. He reached the twenty mile mark by Amien Street Station and stopped through exhaustion. A woman rushed forth from a nearby pub and thrust a glass. of brandy into his hands saying, "Here son drink this and you will finish". The man gulped down the brandy and thus invigorated he did indeed finish. Only when he gathered his wits about him at the finish did he realise that right up to the moment of weakness at Amiens Street he had been a pioneer all his life.

One thousand four hundred and twenty runners finished last years R.T.E. Radio 2 Dublin City Marathon. Forty one were women. Dick Hooper was the first man to finish in 2 hrs 16 mins 14 secs. Christopher A. Dolly was the last runner to finish in 6 hrs 6 mins 12 secs.

Carey May (then of Dublin City Harriers) was the first woman to finish in 2 hrs 42 mins 11 secs. Marian O'Connell was the last woman to finish in 5 hrs 45 mins 37 secs. There were seven men behind her.... Only Carey May beat three hours but fifteen women finished in under four hours. It required a time of at least 2 hrs 52 mins 46 secs to be in the top hundred. This was the time run by Jeremiah Patrick Lyons Sean Lavin, 3 hrs 29 mins 21 secs was the 500th competitor to finish. Michael McMahon 4 hrs 10 mins was the 1000th competitor to finish.

Mary Cherry her mother Marie Cherry and her father David Cherry all finished a second apart in 4 hrs 43 mins 5 secs, 6 secs and 7 secs approximately.



John Walker and family pictured outside Blarney Castle. Watch for interview with Walker in future issue of Irish Runner.

Anne M. Archibold who was runner up in this years B.L.E. National 800m Championship was the fifth lady to finish in 3 hrs 35 mins 5 secs.

Marie Murphy, Dundrum A.C. third in this years National 3000m National Ladies Championship and an unlucky fourth in the 1500m Championship is expected to make a formidable challenge for the ladies title in this years R.T.E. Radio 2 Marathon.

One spectator and ten athletes were taken to hospital during last year's Marathon. One athlete was knocked down by a bicycle. No deaths resulted and none were detained in hospital.

That great New Zealand Marathon runner, Jack Foster recently recorded a time of 2.22.48, 8 days after his 49th birthday. Jack set the world veterans record at 2.11.19 in 1974 at the age of 42.



• This is Vince Regan race director Pony Marathon and former Irish International.

From the total of 8094 official entrants in the recent Pony Marathon there were 130 "Smiths". Their cousins, the "Smyths" numbered 5. Well, it was mooted as the event for all the family!

The Official programme was nicely produced and all entrants names appeared in alphabetical order with one exception - number 1. The number was donned by the number one charity runner himself Jimmy Saville.

National Ladies Cross Country Champion, Carol Meagan helped out at the Clontarf feeding station last year and intends to be there again this year. The illustrious Deirdre Nagle the current National 3000m and 1500m Champion and 1979 3000m Champion of Britain is also an intended runner this year.

The Irish Runner team was in Edinburgh for the Highland Games in August. These games suffered in recent years from adverse publicity over sponsorship and alleged payments to athletes, however, this year's fare went off well except for a disappointing crowd of about 5,000. Ireland's Jerry Kiernan was a close second to local hero Nat Muir in the 3000 metres. Jerry's time was 7.56.6. Dave Murray was 3rd in the High Jump, Patricia Walsh was 3rd in the Discus, Fionnula Morrish was 4th in the mile and Brian Dunne faded to fourth in a hotly competitive 400. metres. Feature of the games was a world record of 16f 81/sins, throw over the bar by an American and a women's wheelchair 100 metres world record by Briton, Barbara Howie who wheeled the distance in an amazing time of 20.81 seconds.

Watch for your name, place and time in the

Marathon Results Edition of Irish Runner.

In the shops Thurs, Nov. 12th

The month of August, 1981 must surely go down in the records books as the most extraordinary period of mile record breaking runs. On August 19th, Sebastian Coe recorded 3.48.53, knocking 03 seconds off Steve Ovetts year old record. Ovett came back on August 26th to reduce the record to 3.48.40. Amazingly, Coe sliced 1.07 seconds from this on August 28th when racing home from Kenyan Mike Boit (3.49.45) in 3.47.33. In this latter race Ireland's Eamon Coghlan was 8th in 3.53.30, and Ray -Flynn was 10th in 3.56.83. Coe believes he can reduce the record still more. After the race he said "I felt remarkably easy and I have never felt stronger in a record гасе"



TOM MURPHY

58 PATRICK ST CORK

Mens Fashions MENS FASHIONS Dress Hire Service, Phone Cork 22401 The world Marathon record for men has improved some 20 minutes 28 seconds since 1926. More startling is the improvement in the women's record for the same 55 year period. G-rete Waitz's 1980 New York time was a whopping one hour and 15 minutes faster than Violet Piercy's recorded time in 1926. Experts believe that the 17 minute gap between the men's and women's records will be cut considerably more in the next few



Peter Deering, Director Timemark Ltd. and Patrica Rogers, Sales Administration in training.

Vincent Brown the dynamic editor of "Magill" magazine took part in last year's R.T.E. Radio 2 Dublin City Marathon, Vincent decided to run after a group of his friends got interested in the idea. "I started the 'crash' schedule the previous June which involved alternating twelve and six mile runs. A few weeks before the race I got injured and when I got fit again I did a thirteen mile run and a seventeen mile run too close to the day of the race" Still Vincent finished and is out to break four hours this year. When I asked him what he thought of the reception from the crowd last year he said "I had been doing most of my training on my own and they distracted me. That and listening to other competitors talking about how they were feeling when I was feeling not too good myself added to the agony". Vincent says he would not run unless he had a specific objective in mind and thinks he might be better off doing four miles three times per week rather than a crash course for the marathon. Still, he intends to be there on the day.

The Summer Road Race League organised by Ballycotton A.C. Co. Cork was a superb success this year with huge fields turning out for the 5 mile races at Ballycotton, Churchtown South, Ballyandreen and Shanagarry. Going into the last race, Midleton's Pat Whyte held a narrow 9 seconds overall lead on aggregate times from St. Finbarr's Richie Crowley and he retained his lead to clinch a well deserved victory. Both Pat and Richie are very popular "Runners runners" in the South and the competitive Richie declares that neither Pat of anyone else is going to take away his Cork Cross Country title from him too easily. He won it last year for the first time after 16 attempts and 6 second placings.

At the recent Asian games held in Tokyo, the Boston Marathon Winner, T. Seko won the 10,000 metres in 28,44,98. Another Japanese runner, Ishii won the 1500 metre in the slow time of 3,50,63, and Indonesian Saini won the 5000 metres in in 13,52,22.

The Wexford Junior Chamber of Commerce organised the inaugural winning of the Rosslare-Wexford Half-Marathon

The race was run under very hot conditions much to the liking of winner Dick Hopper ('this is my type of weather'). Dick completed the fast course in the very good time of 64 minutes 30 - and looked in superb form throughout. This was Dick's last 'outing' prior to defending his Dublin Marathon title. He finished 7 minutes ahead of 'local boy' Dave Dempsey (Slaneyside) with Ray Kinsella (Crusaders) running on strongly to take 3rd place.

All credit to the Junior Chamber for their organisation. Perhaps next year they could arrange for a few more sponges along the route. I'm sure these would have been appreciated by the runners on that hot Sunday. They should also improve the quality of the prizes which seemed somewhat modest in contrast to the efforts of the competitors.

GUINNESS HALF MARATHON

(13 miles 192 yards)

CLOSED EVENT UNDER BHAA RULES

on Sat. 3rd October 1981

AT PHOENIX PARK

PRIZES FOR THE FOLLOWING:

- 🛨 Ladies' Team and Individual
- * Men's Team Grades A, B, C and Individual
- * Veterans
- * Special Prize for overall winner

ENTRY FEE:

Men £1 or £5 team of 6 (Best 4 count) Women £1 or £3 team of 3 (Best 2 count)

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Proceeds to Irish Wheelchair Association

TINRYLAND ATHLETIC CLUB (B.L.E.)

ROCKFORD ROOF TILE 4-mile ROAD RACE

 αt

TINRYLAND

(3 miles from Carlow town — off Wexford Road)

SUNDAY OCT. 18 1981 (3 p.m.)

PRIZES:

First 10 individuals
First 3 teams Grade A
First 2 teams Grade B
First 3 veterans (over 40)
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1980 Winner — John Bolger (Crusaders A.C.)
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Also Ladies' and boys and girls u/14 races Total Prize Fund over £700

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Entry Fees £3.00 per team : £1 per individual

Teams entered after October 12 will automatically be placed in Grade A

Irish Runner
We think of you!



 The organising committee of this year's RTE Radio 2 Dublin City Marathon. Left to right Mick Gomm, Ned Sweeney, Bertie Messitt, Brian Price, Frank Slevin, Ciaran Looney, Paddy Lennon and Alex Sweeney.

B.H.A.A COMMITTEE

We went along to the recent Gowan Motors Marathon Talk-in in at the assembly in St. Vincents Hospital and found that the idea for this type of clinic has really caught on.

The panel of speakers was made up of Dick Hooper, Neil Cusack, Noel Henry and Mary Purcell, all runners of top calibre. Each speaker spoke with much authority on preparation...training etc. for the marathon and afterwards answered questions from the large audience who obviously found the talkin very beneficial and stimulating. Full marks to Ian McNeill, General Manager Gowan Motors (Merrion Ltd.) for coming up with this talk-in idea. The next talk-in will be held at the same venue on Oct. 6th. We would highly recommend that all would be marathon runners in the Dublin area to go along.

Brian Price and Frank Slevin of the B.H.A.A organising committee were also on hand that evening to talk about the organisation of the marathon and also to present a visual of the course through a series of colour slides. We gained a great insight into the amount of effort that goes into planning and organising such a big event. The B.H.A.A. committee have been

preparing for this event since October of last year and have visited the London and Manchester marathons to gain further experience into the planning and organisation of marathons catering for the masses. The committee, we found, is made up of a group of dedicated individuals who work well together and plan to make the RTE Radio 2 Dublin City Marathon a truly great event. The committee are doing their very best to compliment the efforts of the runners and it is heartening to see that they can do this on a voluntary basis in such a professional manner. Also providing a vital back up service on

Also providing a vital back up service on Marathon Monday will be companies like Timemark Ltd. who provide the timing through Seiko watches and clocks; Smurfit Computing who compile the results; Hertz car rentals who will be providing a fleet of cars and Sag Wagons for those who are forced to drop out; CIE who will also provide a back up fleet of buses, St. Johns Ambulance, who will provide 200 personnel; the Irish Heart Foundation who will provide four cardiac ambulances, and of course the Gardai who will be responsible for the traffic and safe passage of the runners

To all those involved in organisation and planning on the big day we say good luck. To the runners we say...remember these individuals and companies on race day and think of the effort that they have made to make this day such a milestone in Irish running and Irish sport in general. Give them your full cooperation and enjoy your run.

Frank Greatly

Wanted Urgently SALESPERSON

Person to sell advertising space for Irish Runner. Candidates should have an interest in distance running and some experience in advertising sales would be an advantage. The position would ideally suit a lady or gent ages 19-25 or a retired person who would like some part-time work. The position is part-time, three days per week, and the job offers a basic salary and excellent commission. Apply in writing in the first instance stating age and experience

The Editor, Irish Runner, P.O. Box No. 1227 Dublin 8.



Running ...



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