



P.E.I. ROADRUNNERS CBCT-FM RADIO

ISLAND MARATHON

FROM THE EDITOR

The heart of another running season is over. Running now means putting on the sweats (or gortex if you are lucky) and trying to keep warm for those first ten minutes of running. Races are few this time of year and while it allows you to recover from the rugged summer schedule, it also makes you wonder if you will begin to lose touch with some of the runners you got to know from week to week in places like Belfast, Tyne Valley and Stanhope. Not to worry ... the P.E.I. Roadrunners Club are hoping to hold monthly club meetings that will keep you acquainted, informed and involved. Regretably, we have tended to lose the spirit of being a club in recent years. Meeting at races is fine, but it doesn't quite provide the relaxed atmosphere nor the time to re-acquaint yourself with others or to enjoy a protracted conversation on running. The tentative plan is to hold meetings on the last Tuesday in the month so that they begin to become a regular part of your schedule. We hope all runners, potential runners, and volunteers will be able to take in these social meetings.

There have been a lot of new runners coming out to the races this year and this is certainly a positive sign. If you are a new runner, or have just joined the club, we hope that you will take an active role in the club. Most race co-ordinators are always glad to have extra volunteers and we can use help in ongoing tasks such as putting together newsletters, planning projects, fund raising or you name it. Generating a club feeling means involving people and having them working toward common goals (and having fun at it!). We don't always know who would like to help, so please feel free to approach us.

While our regular meetings will, for now at least, be in Charlottetown, there is no reason that we shouldn't be striving to put on meetings in other locations. To be a truly provincial club we have to promote running throughout the Island. We would particularly like to hear from runners in centres such as O'Leary, Summerside, Souris, and Montague who would be willing to get runners together in those areas.

If you have suggestions on what the club could be doing to better serve the running community on P.E.I. and, just as importantly, are willing to follow those suggestions up with action, we would be very pleased to hear from you. Help make this the club you want it to be!

- Don Pridmore

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

The race for the 1983 Sun Life Grand Prix title for men couldn't be much closer as we head into the final races of the year. After 14 of the 17 races on the men's schedule, only one point separated Philip Easter and Paul Wright. Philip has specialized in the shorter races, recording victories at the Bunny Hop, Camper's City Run and Volume Rentals while Paul has dominated in the longer runs such as Tyne Valley, Fulton Campbell and Belfast. The other runners are well spread out on the point parade, but there are many runners who could move up in the standings with strong races to finish the year.

Marlene Costain has wrapped up the women's title with a perfect score of 150. Perhaps the surprise of the year, though, is the extremely strong showing of Helen Flynn who has accumulated a very impressive 122 points. There are quite a number of women with a good number of points and with the popular Polar Run as the final race of the year, there could be a number of changes in the standings before the year is over.

The following standings include races up to the Alice-Faye Run for Women. They include Island runners with 20 or more points who have run at least two races. The statistician is not infallible, so please report and errors to Don Pridmore.

At the end of the year, we will print the complete standings with the names of all Island runners who have completed at least three races. Points are awarded on the basis of 25 for first, 20 for second, diminishing thereafter by one point per place with all finishers receiving at least one point.

FEMALES - OVERALL STANDINGS

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Marlene Costain	150	6	Margaret MacDonald	40	2
Helen Flynn	122	6	Linda Gaudet	34	2
Francie MacDougall	118	6	Elaine Crossman	31	2
Eleanor Freeman	110	6	Karen MacDonald	31	2
Liz Keenan	85	5	Bunty Albert	30	3
Janet Bradley	80	5	Carol Woodhall	26	2
Marina Fay	79	5	Sheila Bell	24	3

WOMEN UNDER 20

Liz Keenan	85
Elaine Crossman	31
Sheila Bell	24

WOMEN 35 & OVER

Helen Flynn	122
Eleanor Freeman	110
Bunty Albert	30

WOMEN 20 - 34

Marlene Costain	150
Francie MacDougall	118
Janet Bradley	80
Marina Fay	79
Margaret MacDonald	40
Linda Gaudet	34
Karen MacDonald	31
Carol Woodhall	26

MALES - OVERALL STANDINGS

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Philip Easter	133	6	Marc Brittain	56	5
Paul Wright	132	6	Ewen Stewart	54	6
Don Pridmore	122	6	Peter Kittilsen	49	4
Ron Frid	110	6	Roy Mason	48	6
Spencer Campbell	106	6	Wayne T. Wright	44	6
Carl Phillips	83	6	Julien Gallant	42	6
Salam Hashem	79	6	Colin MacAdam	39	4
Randy MacNeill	75	5	Willie MacDonald	37	3
Calvin DesRoches	73	4	Leo McCosham	37	3
Stew Freeman	68	6	Albert MacDonald	32	5
Jim Wyatt	66	5	Shawn Jay	29	5
			Doug Jones	28	6

MEN UNDER 20

Philip Easter	133
Spencer Campbell	106
Marc Brittain	56
Willie MacDonald	37
Leo McCosham	37
Shawn Jay	29

MEN 30 - 39

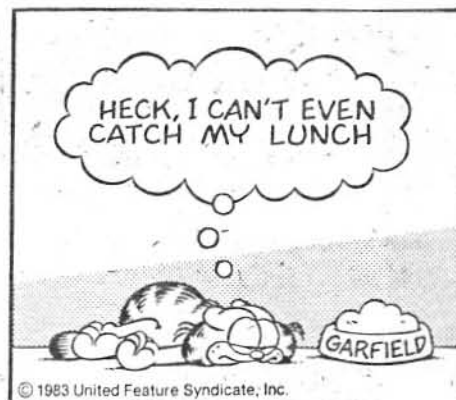
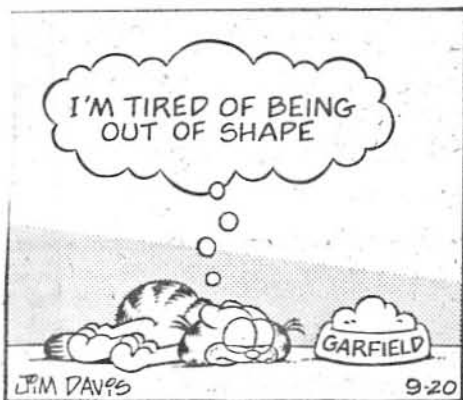
Don Pridmore	122
Ron Frid	110
Carl Phillips	83
Peter Kittilsen	49
Wayne Wright	44
Doug Jones	28

MEN 20 - 29

Paul Wright	132
Randy MacNeill	75
Calvin DesRoches	73
Roy Mason	48
Julien Gallant	42
Colin MacAdam	39
Albert MacDonald	32

MEN 40 & OVER

Salam Hashem	79
Stew Freeman	68
Jim Wyatt	66
Ewen Stewart	54



RACE RESULTS

B E L F A S T L I O N S M I D - S U M M E R J A U N T

Pinette, July 23, 1983

FINISHERS 1 - 28

Paul Wright	45:37
Phillip Easter	45:45
Don Pridmore	45:46
Spencer Campbell	45:50
Randy MacNeill	46:21
Ron Frid	46:23
Leo McCosham	47:19
Bill MacEachern	48:07
Lawrence McLagan	48:18
Joe Groddin	48:58
Salam Hashem	49:17
Ralph Villeneuve	49:25
Marc Brittain	49:37
Albert MacDonald	49:50
Wayne T. Wright	50:35
Ewen Stewart	50:39
Doug Jones	50:46
John McCarthy	50:59
Fred Affleck	51:28
Jake Baird	51:35
Roger Barsalo	52:01
Lambert Pauley	52:23
Joceline Otis	52:32
Carl Cooper	52:43
Tyler Aspin	53:00
Curtis DesRoches	54:00
Peter Neuffer	54:27
Francis O'Donnell	55:03

FINISHERS 29 - 57

Al Swim	56:04
Richard Davis	56:21
Harvey Bernard	56:43
Tommy MacDonald	57:03
Ronnie Lund	57:13
Ninian LeBlanc	57:14
Orion Clark	57:28
Susan Simmons	58:00
Barry Mooney	59:41
Colin Easter	60:02
Paul Mullin	61:31
Helen Flynn	61:43
Lawrence Buell	62:12
Dave MacNeill	62:55
Ed Grant	62:55
David MacKenzie	64:42
Janet Bradley	65:03
Brian Bradley	65:04
Marina Fay	67:11
Eleanor Freeman	68:41
Elaine Panton	68:56
Janice MacDonald	69:49
Karen MacDonald	69:55
Linda Aspin	69:55
Ed Harris	70:05
Cathy Edwards	73:00
Sheila Bell	74:09
Ronnie Drake	74:10
Helen McCarthy	93:11

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We were leafing through a sporting-goods catalogue yesterday — not to buy anything, but to congratulate ourself on the money we save by being a lazy slob — when we found ourself at the jogging section. And if you think the simple act of running requires little more than two legs and half a brain, think again. The properly-equipped jogger doesn't shake a foot outdoors until he's donned his two-piece joggers' suit, special joggers' shoes, heavy-

duty joggers' fedora (to ward off woodpeckers), a pedometer for measuring how far he's thumped along, a pulse meter for checking to make sure his heart's still beating, and an electronic digital joggers' stopwatch for letting him know it's time to stumble home and catch the next Participaction commercial.

But, really, what drew our attention was the illustrations. Every jogger in the catalogue was smiling. They looked cool, relaxed and dry — which real joggers never do — but above all they were smiling. Have you ever, in your entire life, seen a smiling jogger?

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RACE RESULTS

TYNE VALLEY 20 MILE RUN

Saturday, August 6, 1983

Finishers 1 - 11

Paul Wright	2:04:17
Spencer Campbell	2:10:36
Carl Phillips	2:17:20
Roger Hewlett	2:27:32
Jake Baird	2:27:56
Carl Cooper	2:27:56
Marc LaPointe	2:31:32
Lea Roberts	2:33:28
Rob Anderson	2:34:07
Richard Kelderman	2:34:20
Al Swim	2:35:00

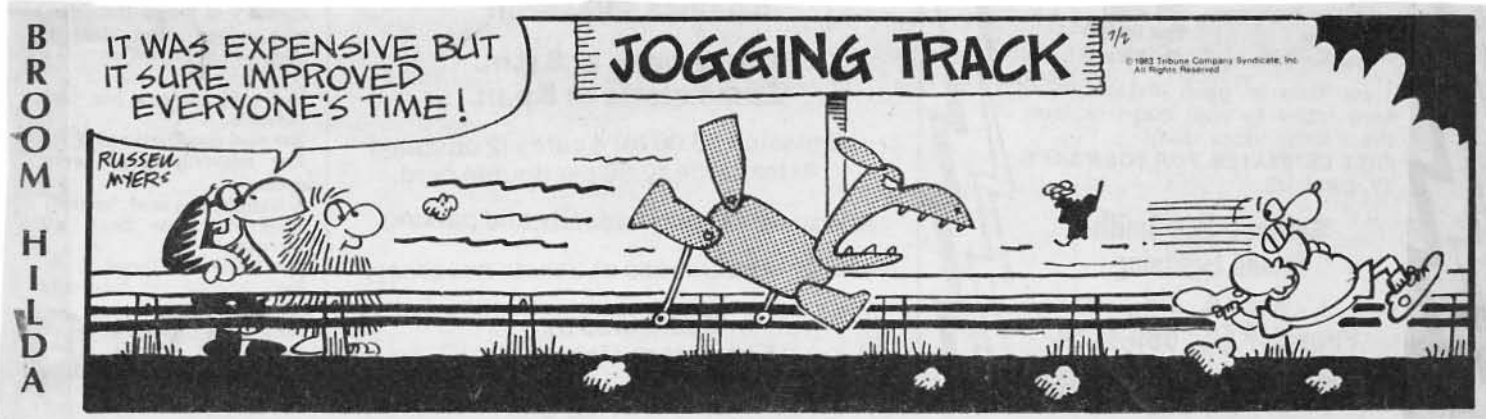
Finishers 12 - 22

Peter Somers	2:35:18
Harvey Bernard	2:35:48
Dave Edmond	2:38:56
Ken Jones	2:47:44
Steven MacKinnon	2:48:53
Curtis DesRoches	2:48:53
Don Harley	2:51:10
Gary Hilton	2:55:27
Ronnie Lund	2:55:27
Bob Bryant	2:59:59
Cecil Oatway	3:23:31

5 MILE FUN RUN

Saturday, August 6, 1983

Ron Frid	30:31	Michael MacKinnon	45:35
Marina Fay	44:38	Shawn Mugford	1:10:57



RACE RESULTS

NATIONAL PARK 10 KM CHAMPIONSHIP

August 13, 1983

FINISHERS 1 - 47

Dan Bourdeau	33:31
Danny MacLellan	33:58
Sandy McAuley	34:36
Dale Irwin	34:39
Sean Brown	34:51
Rick Norquay	34:54
Ron Frid	35:20
Justin MacDonald	35:23
Randy MacNeill	35:36
Spencer Campbell	35:44
Richard Bauman	35:48
Philip Easter	35:56
Bill MacEachern	35:59
Robert Jobe	36:11
Peter Kittilsen	36:17
Wayne Gerrior	36:20
Robert Bowen	36:34
Tom Henderson	36:47
Peter Jennegren	36:55
Peter McAuley	36:57
Albert MacDonald	37:03
Willie MacDonald	37:18
Bob Hagell	37:42
Salam Hashem	37:57
Jim Floyd	38:51
Paul Wright	38:56
Gary Smith	39:10
Doug Jones	39:23
Julien Gallant	39:26
Gerald Allen	39:44
Tim Hawkins	39:59
Jim MacDonnell	40:03
Jim Kirby	40:08
Fred MacDonald	40:10
Rick Comeau	40:34
Carl Cooper	40:52
Bob Della Russo	41:08
Margot Remington-Oman	41:11
Ronnie Lund	41:16
Brian McInnis	41:17
Ewen Stewart	41:20
Bernard Bechard	41:24
Richard Oman	41:28
Tommy MacDonald	41:56
Harvey Bernard	42:19
Robert MacNeil	42:19
Alex Coffin	42:24

FINISHERS 48 - 94

Bob O'Rourke	42:27
Curtis DesRoches	42:42
Bob Bowes	43:08
Douglas Mulholland	43:13
Dave Forsythe	43:44
Kent Robbins	43:54
Mike Sullivan	43:59
Mike Murphy	44:20
Ron Drake	44:23
Todd Sutcliffe	44:28
Greg Dunham	44:29
Don Blane	44:30
Helen Flynn	44:49
Colin Easter	45:13
Keith McMullin	45:26
Tom J. MacDonald	45:54
Paul Mullin	46:20
Dan Bauman	46:31
Marilyn MacKay-Lyons	46:39
James Snider	46:48
Michael MacNeill	46:57
Michael Rogers	47:06
Laureen Springer	47:36
Don Skelton	47:44
Cameron Waddell	47:50
Patti Waddell	48:22
Robert McKenzie	48:24
Wayne Long	48:25
Robert Benz	48:29
Tammy Barnett	48:56
Tom Emodi	49:05
John Stewart	49:34
Marina Fay	49:45
Jake Baird	49:46
Ian Warwick	49:50
Albert Mosher	49:52
Muffy Floyd	49:56
John Carr	49:59
Frank Dewar	52:13
Ian Carter	52:21
Beth Carter	52:44
Roy Matheson	53:44
Bill Kydd	53:49
Ed Harris	53:51
David MacFarlane	53:57
Pierrette Ryan	54:38
Evelyn Stead	56:43

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