



P.E.I. ROADRUNNERS CBCT-FM RADIO

# ISLAND MARATHON

FROM THE EDITOR

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Most of us are into running for fitness and health. Sure, there are a few who run because they wish to compete and there are some, God bless them, who simply love the feeling of propelling themselves along the face of this kind earth through their own natural energy. But for most of us, the fundamental reason we began running was to lose a few pounds, to make the heart a little stronger or to be more of the dynamic person we know our true selves to be. We are educated to the benefits of exercise and we know that the time we give to running is perhaps the best investment that we as individuals make. There are many accompanying benefits to running, including the companionship of other runners, the fun of travelling to and participating in races and the special closeness we feel for the sun, the wind and the earth. Yet, even if there was nothing we got from running but the satisfaction of tuning your body for a healthy, productive life, it would still be worth it.

As a society, we have come a long way in the appreciation of fitness. Where once it seemed that fitness was the preserve of the young athlete, it is now widely sought after as the elixir of the commoner. The Canada Fitness Survey of 1983 found that regular physical activity is considered very important by 46% of Canadians while 56% are currently active in their leisure time and 78% would like to participate even more. A recent federal study concluded that we should try to maintain the momentum that has come about in the past ten years and try to stimulate lifestyle fitness in a number of different ways. Central in the recommendations were the encouragement of women, the elderly, blue collar workers, and youth to participate more fully in activities. It was also recommended that emphasis be placed on "activities which are low cost, flexible in their time demands, and can be done close to home." Know of any activities that fit this description?

We really don't need government reports to tell us that Canadians should promote fitness, but it is nice to know that our goals and objectives are similar to those espoused by the experts. We should indeed appeal to as many groups as possible and we have every right to let others know of what a beneficial activity running can be. So run, be strong and take a friend with you!

- 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

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The Club is pleased to have the Sun Life Assurance Company of Canada back for another year as sponsor for the Grand Prix Series.

There is one new guideline for the point scoring this year - a bonus 5 points will be added where the male or female race winner breaks an existing course record. Otherwise, the scoring remains 25 points for first, 20 for second, 19 for third, diminishing by one point per place and with all finishers receiving at least one point. The final standings are determined from each runner's six best placings. To be included in the final standings, a runner must compete a minimum of three events.

The following standings include the Summerside Mardi Gras 4 Mile Run, the Bedeque Spring Tune-Up 10 Km Run and the Dairy Queen Bunny Hop 10 Km Run. The standings include runners with 20 points or more.

FEMALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># RACES</u>		<u>Under 20</u>	
Marlene Costain	85	3		Wanda Costain	26
Marina Fay	48	3			
Eleanor Freeman	38	2		<u>20 - 34</u>	
Wanda Costain	26	2		Marlene Costain	85
Rosemary Faulkner	25	2		Marina Fay	48

MALES - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># RACES</u>		<u>35 &amp; Over</u>	
Ron Frid	63	3		Eleanor Freeman	38
Don Pridmore	60	2		Rosemary Faulkner	25
Randy MacNeill	53	3			
Salam Hashem	48	3		<u>Under 20</u>	
Don Campbell	43	3		Philip Easter	38
Paul Wright	40	3		Spencer Campbell	34
Philip Easter	38	2			
Spencer Campbell	34	2		<u>20 - 30</u>	
Carl Phillips	26	2		Randy MacNeill	53
Ewen Stewart	23	2		Paul Wright	40
Albert MacDonald	21	2		Albert MacDonald	21
				<u>30 - 39</u>	
				Ron Frid	63
				Don Pridmore	60
				Don Campbell	43
				Carl Phillips	26
				<u>40 &amp; Over</u>	
				Salam Hashem	48
				Ewen Stewart	23

RACE RESULTS

S U M M E R S I D E   M A R D I   G R A S   F O U R   M I L E   R U N

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Summerside, March 3, 1984

TOP TEN MEN

1. Ron Frid	22:31	6. Don Campbell	24:06
2. Randy MacNeill	22:32	7. Carl Phillips	24:34
3. Peter Kittilsen	22:52	8. Jim Wyatt	24:37
4. Paul Wright	23:23	9. Ewen Stewart	24:44
5. Salem Hashem	23:43	10. Tom MacDonald	24:58

TOP TEN WOMEN

1. Marlene Costain	25:34	6. Janet Bradley	31:17
2. Ena MacPherson	28:51	7. Marina Fay	32:02
3. Susan MacEachern	29:55	8. Gwen St. John	32:24
4. Natalie Clark	30:33	9. Rosemary Faulkner	33:22
5. Francie MacDougall	31:16	10. Rosemary Herbert	34:38

FINISHERS 1 - 18

Ron Frid	22:31
Randy MacNeill	22:32
Peter Kittilsen	22:52
Paul Wright	23:23
Salem Hashem	23:43
Don Campbell	24:06
Carl Phillips	24:34
Jim Wyatt	24:37
Ewen Stewart	24:44
Tom MacDonald	24:58
Carl Murphy	24:59
Arnold LaMarsh	25:18
Marlene Costain	25:34
Jake Baird	25:38
Craig Bradley	25:44
Doug Jones	25:51
Jim Smith	25:55
Lambert Pauley	25:56

FINISHERS 19 - 36

Carl Cooper	25:58
Al Swim	26:09
Dave Edmond	26:13
Richard Kelderman	26:14
Tyler Aspin	26:24
Jim Duguid	26:31
Reigh Ellis	26:38
Stewart Newson	26:40
Doug MacMurdo	{ 27:07
Steve Arsenault	{ 27:07
Mike Sullivan	27:22
Derek Anderson	28:00
Peter MacPherson	{ 28:09
Carl MacLeod	{ 28:09
Jim Doyle	28:40
Ena MacPherson	{ 28:51
Armand Arsenault	{ 28:51
Paul Burnley	28:57

SUMMERSIDE MARDI GRAS FOUR MILE RUN, March 3, 1984 Results

FINISHERS 37 - 55

Steve Labchuk	29:00
John Buckles	29:11
Sunny Bhatia	29:12
Paul Mullin	29:13
Dave Carota	29:22
Dan McCarthy	29:23
Foch McNally	29:46
Francis Dewar	29:50
Susan MacEachern	29:55
Jim Clark	30:22
Dave Gillis	30:25
Natalie Clark	30:33
Glen Cameron	30:44
Leon Berrouard	30:52
Tom T. MacDonald	31:12
Francie MacDougall	31:16
Janet Bradley	31:17
Marina Fay	32:02
Allan Savidant	32:15

FINISHERS 56 - 72

Gwen St. John	32:24
Steve Dowling	33:14
Julien Gallant	33:17
Rosemary Faulkner	33:22
Paul Steele	34:38
Tony Kelly	34:38
Rosemary Herbert	34:38
Paul Olscamp	34:51
Sandra Anderson	35:37
Sylvia Noreen	36:01
Jean Profitt	39:38
Matthew Bradley	42:00
Gordie Arsenault	42:30
Shannon Bradley	44:39
Brian Bradley	44:40

WOMEN 19 & UNDER

1. Susan MacEachern	29:55
2. Shannon Bradley	44:39

WOMEN 35 & OVER

1. Rosemary Faulkner	33:22
2. Linda Aspin	33:28

WOMEN 20 - 34

1. Marlene Costain	25:34
2. Ena MacPherson	28:51
3. Natalie Clark	30:33

MEN 20 & UNDER

1. Tommy MacDonald	24:58
2. Craig Bradley	25:44
3. Jim Smith	25:55

MEN 20 - 29

1. Randy MacNeill	22:32
2. Paul Wright	23:23
3. Paul Murphy	24:59

MEN 30 - 39

1. Ron Frid	22:31
2. Peter Kittilsen	22:52
3. Don Campbell	24:06

MEN 40 & OVER

1. Salem Hashem	23:43
2. Jim Wyatt	24:37
3. Ewen Stewart	24:54

RACE RESULTS

S P R I N G T U N E - U P 1 0 K M R U N

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Bedeque, March 24, 1984

Sponsored by the Village Store, Bedeque

TOP TEN

1. Don Pridmore	34:32*	6. Paul Wright	36:39
2. Jamie Thompson	35:10	7. Randy MacNeill	36:55
3. Ron Frid	35:26	8. Salam Hashem	37:12
4. Philip Easter	35:27	9. Albert MacDonald	37:43
5. Spencer Campbell	36:27	10. Don Campbell	37:50

TOP THREE WOMEN

1. Marlene Costain	40:25*		
2. Eleanor Freeman	50:02**	(** Female Masters record)	
3. Marina Fay	51:55	(* denotes race records)	

WOMEN 19 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Wanda Costain	1	36	1:03:57

WOMEN 20 - 34

1. Marlene Costain	1	15	40:25
2. Marina Fay	2	33	51:55

WOMEN 35 & OVER

1. Eleanor Freeman	1	31	50:02
2. Bunty Albert	2	35	61:14
3. Marilyn Affleck	3	37	69:53

MEN 19 & UNDER

1. Philip Easter	1	4	35:27
2. Spencer Campbell	2	5	36:27
3. Curtis DesRoches	3	17	41:02
4. John MacDonald	4	23	43:05
5. Darcy Peters	5	25	43:30

MEN 20 - 29

1. Jamie Thompson	1	2	35:10
2. Paul Wright	2	6	36:39
3. Randy MacNeill	3	7	36:55
4. Albert MacDonald	4	9	37:43
5. Tony Isaacs	5	13	39:37
6. Reagh Ellis	6	21	41:46
7. Doug MacMurdo	7	22	42:10
8. Jim Doyle	8	27	45:39
9. Brian Leslie	9	29	46:20

SPRING TUNE-UP 10 KM RUN, March 24, 1984

## Results

<u>MEN 30 - 39</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
1. Don Pridmore	1	1	34:32
2. Ron Frid	2	3	35:26
3. Donald Campbell	3	10	37:50
4. Arnold LaMarsh	4	14	40:08
5. Dave Edmund	5	16	40:31
6. Jake Baird	6	19	41:14
7. Doug Jones	7	20	41:42
8. Brian Bradley	8	24	43:14
9. Gary Hilton	9	26	43:55
10. Allan Savidant	10	32	50:02
11. Ian MacLean	11	34	52:25

MEN 40 & OVER

1. Salem Hashem	1	8	37:12
2. Stew Freeman	2	11	38:49
3. Ewen Stewart	3	12	39:27
4. Carl Cooper	4	18	41:03
5. Colin Easter	5	28	46:12
6. Steve Labchuk	6	30	46:45

SECOND SPRING TUNE-UP 10 KM NOTESChairman's Report  
Paul Wright

The second annual 10 Km Spring Tune-Up was a resounding success, with entries up by 48% to 37 runners, despite that ongoing nemesis of P.E.I. runners - wind! Nonetheless, Don Pridmore passed the day's rigorous test with flying colors by posting a new record time of 34:32, a superb effort for such a day. Congratulations are in order as well for three other individuals who re-established standards in their respective categories. These include: Eleanor Freeman (Masters Women) - 50:02; Marlene Costain (Open Women) - 40:25; Salem Hashem (Masters Men) - 37:12.

Doug Jones collected the first annual "Most Improved from Previous Year" award by chopping 8:56 from his '83 time (41:42 this year). Well done, Doug! This trophy should provide strong incentive for runners at all levels to return next year, and perhaps show as much change in their times as Doug. (How about a 25:36, Pridmore!?) As well, a new award will go to the top male runner age 46 and over.

My sincere thanks to the following persons and organizations: Don Reeves and Jim Wyatt who "carried the day" for me by looking after registration, timing, etc. so I could run; St. John Ambulance workers; the Village Store, Bedeque for their generous sponsorship again this year. Hoping to see you all again in '85.

- Paul Wright  
Run Chairman

RACE RESULTS

DAIRY QUEEN BUNNY HOP 10 KM RUN

Charlottetown, April 21, 1984

TOP TEN

1.	Don Pridmore	34:06*
2.	Philip Easter	34:24
3.	Ron Frid	34:42
4.	Randy MacNeill	35:59
5.	Spencer Campbell	36:13
6.	Salem Hashem	36:57
7.	Don Campbell	37:43
8.	Dave Manoville	38:32
9.	Chris Pinsent	38:07
10.	Carl Stark	38:55

TOP THREE WOMEN

1.	Marlene Costain	41:25
2.	Donna Osborne	46:46
3.	Helen Flynn	47:39

\*denotes race record

WOMEN UNDER 16

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
1. Wanda Costain	1	79	60:05

WOMEN 16 - 19

1. Diane MacDougall	1	57	49:16
2. Dianne Archibald	2	68	51:26
3. Kim Malcolm	3	83	63:25

WOMEN 20 - 29

1. Marlene Costain	1	27	41:25
2. Donna Osborne	2	47	46:46
3. Janice Stewart	3	65	50:30
4. Marina Fay	4	69	51:38
5. Donna Profit	5	74	55:31
6. Meryl Cook	6	81	60:33
7. Sr. Vicki Forster	7	84	68:27
8. Sr. Evelyn Thompson	8	85	69:02

WOMEN 30 - 35

1. Sanara Anderson	1	73	54:16
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WOMEN 35 & OVER

1. Helen Flynn	1	49	47:39
2. Eleanor Freeman	2	56	49:01
3. Rosemary Faulkner	3	76	56:08
4. Linda Aspin	4	77	56:33

DAIRY QUEEN BUNNY HOP 10 KM RUN, April 21, 1984

Results

<u>MEN UNDER 16</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
1. Curtis DesRoches	1	12	39:08
2. Paul Arsenault	2	13	39:20
3. Derek Anderson	3	43	46:03
4. Scott DeCoursey	4	63	50:16
5. Joe Mitchell	5	78	59:01

MEN 16 - 19

1. Philip Easter	1	2	34:24
2. Spencer Campbell	2	5	36:13
3. Chris Pinsent	3	8	38:07
4. Darcy Peters	4	15	39:43
5. Randy Bell	5	32	43:00
6. Ross Costain	6	33	43:22
7. Tommy Joe MacDonald Jr.	7	36	44:16
8. Mark Tuttle	8	38	45:20
9. David Shepherd	9	61	50:03

MEN 20 - 29

1. Randy MacNeill	1	4	35:59
2. Albert MacDonald	2	14	39:32
3. Paul Wright	3	16	39:49
4. Colin MacAdam	4	19	40:34
5. John McAleer	5	21	40:42
6. Shane MacClure	6	23	41:06
7. Butch Postma	7	29	41:47
8. Lorne Carmichael	8	30	42:12
9. Reagh Ellis	9	31	42:35
10. Dave Forsythe	10	34	43:29
11. Blair Marriott	11	40	45:26
12. Kenny MacDonald	12	41	45:38
13. Todd Sutcliffe	13	46	46:38
14. Chance Asay	14	55	49:00
15. Jim Doyle	15	64	50:30
16. Gerard Dowling	16	67	51:23
17. Ken Wagner	17	71	52:54
18. Stephen Dowling	18	75	56:00
19. John Lam	19	80	60:22

MEN 30 - 39

1. Don Pridmore	1	1	34:06
2. Ron Frid	2	3	34:42
3. Donald Campbell	3	7	37:43
4. Dave Manoville	4	9	38:32
5. Carl Phillips	5	11	39:04
6. Jake Baird	6	17	39:52
7. Dave Edmond	7	20	40:33

DAIRY QUEEN BUNNY HOP 10 KM RUN, April 21, 1984 Results

<u>MEN 30 - 39</u> (cont'd)	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
8. Brian Dunn	8	24	41:08
9. Francis O'Donnell	9	35	43:49
10. Gary Hilton	10	37	44:32
11. Don Harley	11	42	44:57
12. Tom MacDonald	12	45	46:09
13. Don Blane	13	48	46:53
14. Brian McInnis	14	50	47:48
15. Ron Herbert	15	51	48:44
16. Brian Bradley	16	54	48:48
17. Albert Mosher	17	60	49:54
18. John McInnis	18	62	50:11
19. Fred Affleck	19	66	50:46
20. Bob Gray	20	72	54:04
 <u>MEN 40 - 49</u>			
1. Salem Hashem	1	6	36:57
2. Carl Stark	2	10	38:55
3. Stew Freeman	3	18	40:09
4. Al Swim	4	22	40:54
5. Lambert Pauley	5	25	41:09
6. Carl Cooper	6	26	41:23
7. Colin Easter	7	39	45:25
8. Gerald Mitchell	8	44	46:06
9. Wayne MacFarlane	9	52	46:--
10. Peter McGonnell	10	53	47:--
11. Linnell Edwards	11	58	{ 49:20
12. Chuck Guite	12	59	{ 49:20
13. Brian Gillis	13	82	63:25
 <u>MEN 50 &amp; OVER</u>			
1. Don Moffett	1	28	41:34
2. Roy Matheson	2	70	52:50

THE SIXTH ANNUAL  
P . E . I . ROADRUNNERS CLUB  
AWARDS BANQUET

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The awards for the 1983 season were presented Sunday, February 12, 1984 at Caesar's Italy in Charlottetown. A total of 28 runners received recognition of one sort or another. The evening featured a buffet dinner, remarks by guest speaker Dr. Doug MacMichael, and the awards presentation. Jim Wyatt served as the Master of Ceremonies.

Winners for the Roadrunner of the Year and Perfection Foods/Sport P.E.I. Recognition awards were chosen by a committee composed of Bunty Albert, Barrie Stanfield, and Ewen Stewart. The Special Achievement Awards were chosen by a less reputable bunch who have begged to remain anonymous (since we were one of them, we will honour their wishes.) The Sun Life awards, of course, were determined by point standings and races completed.

Our congratulations go to all the winners.

The 1983 Female Roadrunner of the Year Award

The Roadrunner of the Year awards are not made on the basis of race results alone, although our 1983 choice certainly had an outstanding year in that regard. Our female recipient this year has also earned her award on the basis of running improvement, hard work and training and her dedication to both running and runners.

This young lady's cheerfulness and commitment are an inspiration to both rookie and veteran runner alike. Beginning runners appreciate her sincere interest in their initial efforts, her words of advice and encouragement, and her practical moral support, which has included finishing a race (in record time) and then going back to run the last mile with a late finisher. Established runners take heart from her serious training regime which often includes two runs a day and from her infectious enthusiasm about running. A short chat with this good-humoured athlete can lift the most depressed of running spirits.

Hard training in 1983 has paid off for our female Roadrunner of the Year. In fact, she completely missed the mid-summer race season due to a heavy conditioning schedule and the competitive demands of another sport. When she returned to road racing this autumn, she kept up the disciplined training and her race results have indicated the pay-off in greater successes at longer distances and improved personal bests.

Our female Roadrunner of the Year was also a winner in 1983. She started the season as a half-miler. Her 2:33 was the fastest time in that event at the February Corporate Cup. Before July started, she had been top female in eight Roadrunner sanctioned events including six races from the Sun Life Grand Prix Circuit. She established the standard for the new 10 Kilometer Bedeque Spring Tune-Up in 42:09, set a course record of 32:07 for Camper's City and was the fastest female in the "mud leg" of the May Red Cross Relay, outpacing many seasoned male runners in the process of completing each.

During July and August, she played with the P.E.I. Women's Field Hockey team which captured fourth place in the Canadian Championship held in P.E.I. in August.

The fall saw her complete her first marathon as the top female in the CBCT-FM/P.E.I. Roadrunners Island event. She also posted three more Grand Prix victories including one at Dunk River where she set a new course record of 45:01. She won the women's Grand Prix with a perfect standing of 150 points. Her off-Island performances were also impressive, particularly her second place finish in the Carlsberg-Halifax half marathon in 1:24.

Recognizing that she has gained a lot from the Roadrunners, our award winner this year offered to serve the Club and she was recently elected as the Club's 1984 Secretary.

The P.E.I. Roadrunners Club is pleased to present the 1983 Roadrunner of the Year Award to MARLENE COSTAIN.

#### 1983 Male Roadrunner of the Year Award

Excellence in running, personal best race results all year, disciplined, quality training, and service to the Club far beyond that expected for any of the tasks he undertook have earned this Club member his 1983 Roadrunner of the Year Award. The panel made its selection primarily on the basis of 1983 performances and activities but the 1983 achievements are backed by five previous years of involvement with the Club and are all the more impressive for the fact that, in each year, his times and placings in Island races have steadily improved, and in each year, his contribution to the Roadrunners has grown.

Our 1983 award recipient always trains seriously and hard. He sets high personal standards and works diligently to achieve them. He trains alone, making his race results particularly remarkable since he has had no one but himself pushing him to run farther and faster. He trains consistently with no slack seasons.

The training in 1983 has yielded significant returns. All of his Roadrunner race times were personal bests last year and he placed second or third in every Island race he entered at distances of from five miles to 25 kilometers. He led his P.E.I. Housing Corporation team to ninth place in the Corporate Cup.

He had the fastest time in the "mud run" of the Red Cross Relay in May, helping the Burnouts to an impressive record win. Our award winner was also a winner of a P.E.I. road race. His 1:31:29 win at the Kensington Harvest Festival 25 Kilometer was nearly seven minutes faster than his previous best time for the course. His 2:42:52 ninth place finish in the Carlsberg Halifax marathon was 5 minutes and 36 seconds faster than his previous marathon PR and is a marathon record for an Island runner on an official length course. He also turned in creditable performances in other mainland races including a sixth in the Johnny Miles Half Marathon. He placed third in this year's Sun Life Grand Prix standings with 122 points. As if the time and dedication needed to produce consistent race results were not enough, our about to be honoured Roadrunner has made an immense contribution to the Club's operation. Consider the sacrifice of personal time and energy required to carry out the following activities.

He was race co-ordinator for two participation races and took over the co-ordination of two Grand Prix races from previously designated co-ordinators who were unable to complete their duties. When he was not racing or co-ordinating, he acted as a timer, a statistician or a fan.

He toted equipment and Roadrunner T-shirts to many races. His thoroughness and attention to detail have given the Club a superb statistician. His gifted pen has kept the Newsletter lively and the flow of information to the Island news media constant. His efforts in the communications field deserve special note. With the help of a very few regular contributors and the typists at Sport P.E.I., he produced the Newsletter almost single-handedly in 1983. Many a Sunday afternoon he was back at the office producing news releases on weekend races or upcoming events.

Our Roadrunner of the Year served as President of the Club in 1983, a post he held for about 2½ years. He is also co-chairman of the 1984 National 20K Committee and has served in many capacities too numerous to mention for the planning and organizing of Roadrunner activities over the past six years.

His influence on other runners comes not so much in what he says, but in how he conducts himself in training, in racing, and in his dedication to the Club.

The P.E.I. Roadrunners Club owes a great debt of gratitude to its 1983 Male Roadrunner of the Year and takes great pride in presenting its highest award to a premier runner - DON PRIDMORE.

Perfection Foods/ Sport P.E.I. Roadrunner Recognition Awards were presented to the following:

Junior Male - Philip Easter

For the second year in a row, the P.E.I. Roadrunners named Philip Easter of Sherwood as its Junior Male Athlete of the Year.

Easter dominated most of the shorter races on the 1983 circuit and won the Sun Life Grand Prix overall title with 135 points. He won three Grand Prix races and placed second in four others. His Grand Prix wins included the 10 Km Dairy Queen Bunny Hop, the Campers' City 5 Miler in a new course record time of 27:19 and the Volume Rentals 5 Km run also in a course record time of 16:05.

Easter also won two races that were not on this year's Grand Prix - the January 1983 Police Academy Run and the newly introduced 10 Km Spring Tune-Up in Bedeque.

Senior Male - Paul Wright

Paul Wright of Bedeque was named the Perfection Foods/Sport P.E.I. Senior Male Athlete of 1983 by the P.E.I. Roadrunners Club at their Annual Awards Banquet held February 12, 1984 at Caesar's Italy, Charlottetown. Wright had a tremendous summer and autumn of road racing.

He won three Sun Life Grand Prix races in a row - the 20 Km Fulton Campbell Memorial in Montague, the Blefast Lions Mid-Summer 8 Mile Jaunt and the Tyne Valley 20 Mile Run.

Two weeks later, he grabbed a third in the Kensington Harvest Festival 25 Km Run and in September, he placed fourth in the P.E.I. Roadrunners Club/CBCT-Fm Island Marathon, finishing as the top Islander.

Wright's greatest achievement, however, was saved for an off-Island race. In the Atlantic Autumn Marathon in Oromocto in October, Paul set an Island native record for the marathon with a time of 2:32:36.

He was also awarded recognition at the banquet for his second place overall standing in the Grand Prix circuit with 132 points.

#### Senior Female - Marlene Costain

Marlene Costain won every one of the 12 Island road races that she entered in 1983. That record earned her the women's Grand Prix overall title with a maximum obtainable 150 points and the Perfection Foods/Sport P.E.I. Recognition Award as the Roadrunners Senior Female Athlete of the Year.

Her wins came at distances of from three miles (Alice Faye's 3 Mile Women's Run) to the marathon. The Miminegash native also placed well in off-Island races, placing second in the Carlsberg Halifax Half Marathon in a time of 1:24, second in the Truro 10 Km and eighth in the Brooks Atlantic 10 Km.

Among Marlene's many accomplishments were two new course records set in the Camper's City 5 Mile Run (32:07) and the 7.3 Mile Dunk River Run (45:01).

In presenting the award to Marlene, the Roadrunners also noted that she had been a member of the P.E.I. Field Hockey Team which placed fourth in the Canadian Championship in 1983.

Her 2:33:00 half-mile was the fastest women's time at the Spa's 1983 Corporate Cup, at which she ran as a member of the winning U.P.E.I. team.

S U N   L I F E   G R A N D   P R I X  
 R O A D   R A C I N G   S E R I E S   O F   P . E . I .  
 A W A R D   W I N N E R S

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OVERALL

Males

Philip Easter	135
Paul Wright	132
Don Pridmore	122

Females

Marlene Costain	150
Helen Flynn	122
Francie MacDougall	119

AGE CATEGORIES

Males

<u>Under 20</u> - Philip Easter	135
Spencer Campbell	106
Marc Brittain	56

<u>20 - 29</u> - Paul Wright	132
Randy MacNeill	102
Calvin DesRoches	73

<u>30 - 39</u> - Don Pridmore	122
Ron Frid	110
Carl Phillips	83

<u>40 &amp; Over</u> - Salem Hashem	81
Stew Freeman	75
Jim Wyatt	73

Females

<u>Under 20</u> - Liz Keenan	85
Sheila Bell	40

<u>20 - 34</u> - Marlene Costain	150
Francie MacDougall	119
Janet Bradley	104

<u>35 &amp; Over</u> - Helen Flynn	122
Eleanor Freeman	112
Bunty Albert	55

PARTICIPATION

Males

Salam Hashem } Tie	15
Ewen Stewart }	

Spencer Campbell } Tie	14
Paul Wright }	

Females

Eleanor Freeman	14
Helen Flynn	11
Marlene Costain	10

## REPORT FROM THE EXECUTIVE

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- by Rosemary Faulkner

Two meetings of the executive have been held since the last newsletter and so much is going on that I would like to take some time to fill you all in.

Firstly, let me, on behalf of the executive, welcome all the new members to the Roadrunners Club. Our membership is way up from last year at this time, and a few lines are necessary to let our new members know what's going on. The Club has T-shirts and you may purchase one by giving Don Harley a call at 892-3656 or by going to any of the runs where there should be some on display. You will be receiving the Sun Life Grand Prix fixtures list with this newsletter. The Club also has a beginner runner kit, a marathon training kit, and a booklet, Running on P.E.I. If you wish to get any of these, call Sport P.E.I. at 892-9178 or give me a call at 569-2765. As well, discounts on purchases are available by showing your card at K.C. Sports in Summerside; Camper's City in Charlottetown; and Harvey Inman's (H.I. Quality Sports) in Sherwood.

Remember, you are the Roadrunners Club, and if you want something done, have suggestions or constructive criticism, or want to help, let your executive or the county representatives know. They are as follows: Queens County - Stew and Eleanor Freeman, Rattenbury Road, North Granville, PEI; Kings County - Ron Drake, Vernon Bridge, P.E.I.; Prince County - Carl Phillips, Tyne Valley RR#1, P.E.I. and Lloyd MacCallum, 241 Read Drive, Summerside, P.E.I.

Secondly, your executive has been busy making sure the runs that the Club co-ordinates encourage and attract as many runners as possible. This year, the Island is hosting the National 20K and a lot of work has been going on behind the scenes to finalize funding and attract committee members who are willing to work. We continue to deal with many inquiries from out-of-province runners who want to attend our runs. We are involved with Run for Light again this year as well as many of the events in Run Canada Week.

Thirdly, we are concerned about a number of issues such as do we need to standardize our age categories to further encourage more women and young people to run. On a lighter note, we are going to invest in some Roadrunner cards and envelopes. These will be useful for greeting cards or for thank you cards if you are like me, a letterwriter.

Some of our members are interested in investing in running jackets similar to those worn by some of our older (not necessarily age) members. The jackets will have the three crests (roadrunner, runner or marathoner and your name). The basic jacket with nylon lining is \$50.00, with quilted lining--\$55.00 and with the zip-out -- zip-in lining--\$60.00. A minimum of six orders are required for the store owner to order the jackets and if you are interested, you could give Dave Edmond or Stew Freeman a call.

Well, it's the busy season but we would like to have a social activity to tie in with Run Canada Week and hope to have it in conjunction with Alf Groom's 10 Km in Summerside. You will hear more about this in a flier.

Finally, enjoy your running!



L. B. Macmillan    W. Matheson    L. B. Miller    Mayne Paton    J. Coyle    Fredk. Nash    Cyrus Macmillan    G. F. Hutcheson    H. Maclean    P. Barlow    J. W. Jones    F. Macdonald  
 P. Duffy    Ivan Reddin    H. Harley    E. Arsenault    C. McNevin    J. Macdougall    P. Macdonald    F. Jenkins    J. Ferguson

Officials and Contestants of The Patriot Six-Mile Marathon Road Race, June 6, 1907. Time—33 min. 50 sec.

"JAUNT DOWN MEMORY LANE WITH CRAZY LEGS HARLEY" -- Do you know who any of the above runners are? What team were they on? Who won the race? Why did they call it a marathon six mile race? The answers to the above questions and many more fascinating stories will be answered in the first column of "Jaunt Down Memory Lane."