



P.E.I. ROADRUNNERS CBCT-FM RADIO

ISLAND MARATHON

FROM THE EDITOR

It seemed like a quick summer and an even quicker autumn. Again, I must apologize for not having this anxiously awaited edition out sooner. I don't know how you have survived without it. Unfortunately for you, since it has been so long since the last edition, you will just have to put up with two editorial musings this time around.

I think we all enjoyed watching or hearing about the Olympic marathons. Certainly the performances of people such as Joan Benoit, 37 year old Carlos Lopes, and Canada's Sylvia Reugger were inspiring. For many spectators, though, the most vivid memory of the marathons was the finish of Swiss runner Gabriella Andersen-Scheiss. As she entered the stadium, hers was not the battle for Olympic gold, but merely to finish. The heat had exhausted her to the point of near collapse. Still, half paralyzed, she stumbled around the track as frightened officials and spectators looked on. Thankfully, she finished and she was alright. But what if Opinions were divided on the wisdom of allowing a runner in such a condition to continue. One observer, noting that even boxing has a rule to protect the safety of participants, said, "I think there should be something like a TKO (technical knockout) when its apparent a runner will do himself injury by continuing." We all hope that we ourselves will never see such a situation first hand. If we do, I would hope that we play the referee, call a TKO and get medical help at once. Beyond the glory, this is only a sport. We have only one healthy body, but so many days and races ahead of us when we will need it.

Another memory of the summer was the active race schedule. As co-chairman of the Stanhope Beach Lodge Canadian 20 Kilometre Road Race Championship, I was witness once again to just how crucial volunteer services are to our events. The people who worked on that race, some of whom were runners, many of whom have never raced, were themselves inspirations. The talent, the caring, the enthusiasm and the dedication they exhibited was phenomenal. As a runner, I also benefitted enormously from the services of volunteers at many other races. There are times, however, when more are needed. Our race co-ordinators try to put on races that will bring pride to our Island but they need help. To those who have helped, my sincerest thanks. To those who can help in the future, my hope that you will find the time to play your part.

- Don Pridmore

P.S. Due to the considerable amount of material that we received for this edition, we have had to put a hold on some submitted articles and to reduce the printing size of the race results. Sorry for the inconvenience, but keep sending items in - we would rather have too much than too little!

SUN LIFE GRAND PRIX STANDINGS

Standings as at October 15th include all races up to the Dunk River Run. With only two races left in the year, there is not much time for runners to move up in their category or the overall standings. The overall standings include runners with 20 points or more. Only the top five runners are listed in each age category.

Points are awarded according to place of finish with 25 points for first, 20 for second, and one point less per succeeding placing. A bonus 5 points may be earned for setting a new race record. Only the runners' six best placings are counted.

FEMALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Marlene Costain	165	6	Francie MacDougall	46	3
Dorothy Gregory	140	6	Karen Mellish-May	37	3
Helen Flynn	130	6	Nina Campbell	33	5
Eleanor Freeman	120	6	Sheila Bell	32	3
Susane MacPhee-Manning	108	6	Bunty Albert	29	4
Donna Profit	108	6	Camilla Doucette	28	2
Judy MacLean	97	6	Melody Campbell	27	3
Janet Bradley	96	6	Wanda Costain	26	2
Marina Fay	91	6	Charlotte Campbell	25	2
Carole Woodhall	83	5	Mary Rossiter	25	1
Rosemary Faulkner	68	6	Sandra Anderson	24	2
Susan Rogers	62	3	Louvina Edwards	24	5
Margot Bentley	61	5	Jeanne Watts	24	2
Dianne Bradley	54	3	Linda Aspin	22	2

FEMALE - AGE GROUPS

UNDER 20

Susan Rogers	62
Sheila Bell	32
Melody Campbell	27
Wanda Costain	26
Charlotte Campbell	25
Mary Rossiter	25

20 - 34

Marlene Costain	165
Dorothy Gregory	140
Susane MacPhee-Manning	108
Donna Profit	108
Judy MacLean	97

35 & OVER

Helen Flynn	130
Eleanor Freeman	120
Rosemary Faulkner	68
Nina Campbell	33
Bunty Albert	29

MEN - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Don Pridmore	170	6	Dave Manovill	54	6
Ron Frid	135	6	Jake Baird	53	6
Paul Wright	127	6	Harvey Bernard	52	6
Spencer Campbell	111	6	Dave Edmond	45	6
Phillip Easter	111	6	John Edwards	39	2
Salam Hashem	107	6	Tommy MacDonald	37	6
Randy MacNeill	105	6	Arnold LaMarsh	35	4
Don Campbell	104	6	Paul Arsenault	28	3
Stew Freeman	88	6	Darcy Peters	26	5
Curtis DesRoche	85	6	Reagh Ellis	25	6
Peter Kittilsen	84	6	Stephen MacKinnon	25	4
Jim Wyatt	84	6	Al Swim	25	5
Ewen Stewart	75	6	Doug Jones	22	6
Carl Phillips	74	6	John McAleer	22	4
Albert MacDonald	67	6	Brian Dunn	21	6
John Derry	58	5	Mike Sullivan	20	6

MEN - AGE GROUPSUNDER 20

Spencer Campbell	111
Philip Easter	111
Curtis DesRoche	85
Tommy MacDonald	37
Paul Arsenault	28

20 - 29

Paul Wright	127
Randy MacNeill	105
Albert MacDonald	67
Reagh Ellis	25
John McAleer	22

30 - 39

Don Pridmore	170
Ron Frid	135
Don Campbell	104
Peter Kittilsen	84
Carl Phillips	74

40 & OVER

Salam Hashem	107
Stew Freeman	88
Jim Wyatt	84
Ewen Stewart	75
John Derry	58

PARTICIPATION LEADERSWOMEN

Eleanor Freeman	16
Susane MacPhee- Manning	12
Helen Flynn	11
Donna Profit	11
Marlene Costain	10

MEN

Ron Frid	17
Paul Wright	16
Don Campbell	15
Reagh Ellis	15
Jake Baird	13
Salam Hashem	13

RACE RESULTS

CBCT RUN INTO SUMMER - TWO MILES

Charlottetown, June 16, 1984

FINISHERS 1 - 45

Shawn Watters	11:11
Salam Hashem	11:35
Tommy MacDonald	11:45
Harvey Bernard	13:12
Derek Anderson	13:41
Dave Shepherd	13:47
Louise Butts	13:56
Susan Rogers	14:12
Billy Reilly	14:18
Norman Sabapathy	14:19
Dorothy Gregory	14:25
Mike Lloyd	14:26
Roy Matheson	14:27
Doug MacNevin	14:28
Tom MacDonald Sr.	14:43
Bill MacDonald	14:48
Bill Mosher	14:48
Jim Baillie	14:58
Peter Hanus	15:07
Lyle Bigney	15:39
Brent Balderston	15:49
Jason Mosher	15:52
Elliot Brazil	15:56
Troy Fraser	15:59
Ed Fraser	15:59
Susane MacPhee-Manning	16:03
Maureen Profit	16:17
Jim MacCallum	16:23
Sandra Anderson	16:39
Harvey Anderson	16:39
Rona Ann McKenna	16:40
Darlene Robison	16:42
Anthony Cannon	16:45
Dave Lynn	16:50
Reg Peters	16:57
Paul Steele	17:14
(not recorded)	17:29
Hugh Reynolds	17:33
Sarah Proud	17:40
Carolyn MacDonald	17:42
Phillip O'Halloran	17:44
Ewen Stewart	17:46
Jim Wyatt	17:48
Troy MacCallum	18:03
Thane Arsenaault	18:05

FINISHERS 45 - 90

Mitch DeJong	18:07
Alana Gillan	18:14
Katherine Earl	18:19
Wayne MacFarlane	18:19
Kim Eyland	18:29
James Kelderman	18:51
Sr. Vicki Forster	18:43
Sr. Evelyn Thompson	18:47
John Peters	18:54
Archie MacFadyen	18:56
Liz Murnaghan	19:30
Leona Robichaud	19:35
Jonathan Stuart	19:46
Barbara Fanning	20:15
Gina Battams	20:29
Kira Bigney	20:50
Jamie Proud	20:40
Pamela Scully	20:41
Linda Kelly	20:42
Mike Sullivan	20:45
Rosalie Simeone	21:04
Karen Mellish-May	21:06
Ken DesRoches	21:08
Betty Kennedy	21:13
David MacDonald	21:37
Bonnie Dewar	21:56
Francis Dewar	21:57
Walt Frey	21:59
Nahanni Frey	21:59
Rosetta Bernard	22:00
Jennifer DesRoches	22:12
Carolyn Edmond	22:26
Dave Edmond	22:27
Geraldine Shea	22:54
Glen Rayner	22:55
Sherra Profit	23:24
Tammy Bernard	23:29
Talia Profit	23:52
Donna Profit	23:56
Sean O'Halloran	24:30
Patrick MacFadyen	25:17
Barb MacFadyen	25:51
Julie MacCallum	26:04
Frances Lund	26:16
John Reynolds	27:12

RACE RESULTS

GARDEN CITY GOLDEN MILE

Charlottetown, June 23, 1984

MEN 40 & OVER

Salam Hashem	4:54	Ewen Stewart	5:26
Linnell Edwards	5:11	Chester Gillan	5:32
Don Moffett	5:20	Wayne MacFarlane	5:47
Al Swim	5:23	Doug MacNevin	6:09
		Roy Matheson	6:17

WOMEN 35 & OVER

Rosemary Faulkner	6:50	Bunty Albert	7:14
Eleanor Freeman	6:54	Louvina Edwards	7:31
		Carolyn Edmond	8:34

AGE CLASS - OPEN (Male & Female)

Colin MacAdam	4:54	Reagh Ellis	5:20
Shawn Watters	4:56	Dave Edmond	5:36
Ron Frid	4:56	Doug MacNevin	6:07
Philip Easter	4:56	Roy Matheson	6:60
		Denise Richardson	8:20

RACE RESULTS

SEAMAN'S BEVERAGES 4 MILE RUN

Charlottetown, June 30, 1984

TOP TEN MEN

1. Dave Mirth	21:30	6. Donald Campbell	22:23
2. Ron Frid	21:56	7. Salam Hashem	22:29
3. Philip Easter	21:49	8. Paul Wright	22:43
4. Spencer Campbell	21:58	9. Curtis DesRoche	22:50
5. Randy MacNeill	22:00	10. Jim Wyatt	22:51

TOP SIX WOMEN

1. Dorothy Gregory	27:18	4. Carole Woodhall	29:28
2. Helen Flynn	29:07	5. Diane Bradley	30:27
3. Judy MacLean	29:27	6. Donna Profit	30:31

WOMEN 14 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Charlotte Campbell	1	66	32:45
Melody Campbell	2	76	34:56
Carol Ann MacDonald	3	81	35:24

WOMEN 15 - 25

Maureen Pigott	1	58	31:29
Beth Brothers	2	63	32:14
Darlene Robison	3	65	32:35
Deborah Allen	4	67	32:54
Sheila Bell	5	71	33:28
Sr. Vicki Forster	6	86	36:28
Susan MacKenzie	7	88	38:18
Gloria Wood	8	92	45:18
Hazel MacKenzie	9	93	52:41

WOMEN 26 - 34

Dorothy Gregory	1	30	27:18
Judy MacLean	2	44	29:27
Carole Woodhall	3	45	29:28
Diane Bradley	4	52	30:27
Donna Profit	5	53	30:31
Susane MacPhee-Manning	6	54	30:59
Marina Fay	7	55	31:14
Sandra Anderson	8	62	32:13
Joanne Watts	9	64	32:30
Margot Bentley	10	70	33:25
Kathy Earl	11	78	35:02
Liz Murnaghan	12	82	35:52
Joan Hilton	13	83	35:53

SEAMAN'S BEVERAGES 4 MILE RUN cont'd

WOMEN 35 & OVER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Helen Flynn	1	42	29:07
Rosemary Faulkner	2	59	31:29
Mina Campbell	3	80	35:12
Louvina Edwards	4	84	36:01
Bunty Albert	5	87	38:00
Carolyn Edmond	6	90	38:30
Betty Kennedy	7	91	45:08

MEN 14 & UNDER

Wayne Long	1	32	27:59
Billy Reilly	2	41	29:04
Darcy Woolridge	3	49	29:56
Darren Trainor	4	73	33:59
David MacDonald	5	89	38:29

MEN 15 - 19

Philip Easter	1	3	21:49
Spencer Campbell	2	4	21:58
Curtis DesRoche	3	9	22:50
Tommy Joe MacDonald Jr.	4	16	24:43
David Shepherd	5	31	27:49
Lauchie MacLure	6	37	28:36
Derek Anderson	7	46	29:30
Dale Phillips	8	47	29:48
Kerri Call	9	60	31:56

MEN 20 - 29

Dave Mirth	1	1	21:30
Randy MacNeill	2	5	22:00
Paul Wright	3	8	22:43
Albert MacDonald	4	12	23:01
Mark Stern	5	13	24:01
Reagh Ellis	6	17	24:58
David MacDougall	7	19	25:29
Roger Hewlett	8	22	25:51
Ted Dayley	9	57	31:24
Vince Jones	10	85	36:25

MEN 30 - 39

Ron Frid	1	2	21:36
Donald Campbell	2	6	22:23
Dave Manovill	3	11	23:00
Dave Dorsey	4	15	24:21
David Edmond	5	20	25:39

SEAMAN'S BEVERAGES 4 MILE RUN con'td

MEN 30 - 39	con'td	Class Order	Race Order	Time
Ron Drake		1	24	26:01
Harvey Bernard		2	25	26:06
Barry Kneabone		3	26	26:31
Francis O'Donnell		4	27	26:32
Ken Bradley		5	28	26:33
Eric Manuel		6	29	26:49
Don Blane		7	33	28:01
Ron Herbert		8	34	28:20
Ron MacMillan		9	38	28:39
Daryl Wilson		10	39	28:45
Fran Dewar		11	40	28:57
Tom MacDonald		12	48	29:56
Bob Gray		13	50	30:03
George Miller		14	51	30:23
Jake Baird		15	56	31:15
Bill MacDonald		16	61	32:10
David Faulkner		17	72	33:33
Art O'Malley		18	77	34:57

MEN 40 & OVER				
Salam Hashem		1	7	22:29
Jim Wyatt		2	10	22:51
Ewen Stewart		3	14	24:17
Don Moffett		4	18	25:09
Mike Sullivan		5	21	25:44
Dick Mirth		6	23	26:00
Steve Labchuk		7	35	28:23
Doug MacNevin		8	36	28:24
Roy Matheson		9	43	29:25
Paul Steele		10	68	33:03
Roger Gillis		11	69	33:25
Donald MacDonald		12	74	33:47
Reg Peters		13	75	33:49
Wayne MacFarlane		14	79	35:11
Wes MacLean		15	94	52:42

In closing, I would like to thank the following people who volunteered their time on race day:

<u>Race Registration:</u>	Art O'Malley	Marina Fay
	Bunty Albert	Jake Baird
	Rhonda Cooper	Donna Profit
	Eddie Lund	Helen Frid
	Helen Flynn	
<u>Timers:</u>	Foch McNally -	1 mile point
	Gary Hilton -	Finish Line
<u>Course Guides:</u>	John Sandham	Mary MacMillan
	Denise Richardson	M.J. Mullen & friends
<u>Position Recorder:</u>	Ed Harris	
<u>Time Recorder:</u>	Rosetta Bernard	
<u>Finish Cards:</u>	Rosemary Herbert	
<u>Chute Controller:</u>	Barrie Stanfield	
<u>Results:</u>	Rhonda Cooper	Ron Profit
	Eddie Lund	Jake Baird
	Helen Frid	Eric Manuel
<u>Photographer:</u>	Brian MacInnis	

THANKS TO EVERYONE!! HOPE YOU ENJOYED THE RACE!

Don Harley
Race Co-ordinator

RACE RESULTS

FULTON CAMPBELL MEMORIAL RUN, Race Results cont'd

FULTON CAMPBELL MEMORIAL RUN

Montague, July 14, 1984

TOP TEN MEN

1. Don Pridmore	1:10:07	6. Don Campbell	1:15:25
2. Ron Frid	1:10:21	7. Jim Wyatt	1:16:56
3. Paul Wright	1:10:29	8. Stew Freeman	1:17:35
4. Spencer Campbell	1:13:44	9. Albert MacDonald	1:18:47
5. Salam Hashem	1:15:05	10. Ewen Stewart	1:20:20

TOP SIX WOMEN

1. Marlene Costain	1:27:55	4. Susane MacPhee-	1:42:53
2. Helen Flynn	1:36:48	Manning	
3. Eleanor Freeman	1:39:40	5. Donna Profit	1:44:26
		6. Margot Bentley	2:04:12

WOMEN 20 - 34

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Marlene Costain	1	23	1:27:55
Susane MacPhee-Manning	2	41	1:42:53
Donna Profit	3	42	1:44:26
Margot Bentley	4	47	2:04:12

WOMEN 35 & OVER

Helen Flynn	1	34	1:36:48
Eleanor Freeman	2	36	1:39:40

MEN UNDER 20

Spencer Campbell	1	4	1:13:44
Alex Coffin	2	11	1:21:50
Tim Purdy	3	33	1:36:25
Lauchie MacLure	4	DNF	DNF

MEN 20 - 29

Paul Wright	1	3	1:10:29
Albert MacDonald	2	9	1:18:47
Reagh Ellis	3	21	1:27:35
Doug MacMurdo	4	22	1:27:43
Gary McLaughlin	5	25	1:28:18
Rollin Andrew	6	35	1:39:55
Joe Gallagher	7	43	1:45:26
Mike Hahn	8	45	1:51:59

MEN 30 - 39

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Don Pridmore	1	1	1:10:07
Ron Frid	2	2	1:10:21
Donald Campbell	3	6	1:15:25
David Scannell	4	12	1:22:45
Harvey Bernard	5	13	1:23:01
Jake Baird	6	15	1:24:59
Dave Manovill	7	16	1:25:10
Barry Kneabone	8	20	1:27:26
Don Harley	9	24	1:28:04
Brian Bradley	10	28	1:52:28
Roy Rodd	11	31	1:34:41
Paul Mullin	12	32	1:55:17
Tom Corcoran	13	39	1:42:35
Dave MacNeill	14	40	1:42:35
Francis Dewar	15	44	1:46:24

MEN 40 & OVER

Salam Hashem	1	5	1:15:05
Jim Wyatt	2	7	1:16:56
Stew Freeman	3	8	1:17:35
Ewen Stewart	4	10	1:20:20
Al Swim	5	14	1:24:51
Carl Cooper	6	17	1:25:57
Curtis Faulkner	7	18	1:26:09
Mike Sullivan	8	19	1:26:51
Ninian LeBlanc	9	26	1:30:44
Ed Grant	10	27	1:50:44
Wayne MacFarlane	11	29	1:52:40
John Elliott	12	30	1:53:14
Doug MacNevin	13	37	1:40:26
Steve Labchuk	14	38	1:41:09
Brian Francis	15	46	1:52:41

RACE RESULTS

BELFAST LIONS MID-SUMMER JAUNT

Pinette, July 21, 1984

Belfast Jaunt attracts record entrants! Wayne Panton reports that 63 runners from the age of 10 to 52 years participated in this year's Belfast 8 Mile Jaunt. The runner's times for completing the course were from 45 minutes to one hour and 56 minutes.

The record for the course is 44:29 and the first place female's time record is 52:32, both of which held for another year. The following is the list of age categories and overall winners.

TOP TEN MEN

1. Paul Wright	45:55	6. Tim Dalling	48:05
2. Don Pridmore	46:18	7. Stewart Ogston	48:14
3. Ron Frid	46:21	8. Salam Hashem	48:24
4. Spencer Campbell	47:02	9. Jim Wyatt	48:46
5. Donald Campbell	47:40	10. Randy MacNeill	49:53

TOP FIVE WOMEN

1. Kathy Earley	58:40	4. Janet Bradley	67:00
2. Carol Woodhall	66:10	5. Eleanor Freeman	67:62
3. Susane MacPhee-Manning	66:48		

MEN UNDER 20

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Spencer Campbell	1	4	47:02
Alex Coffin	2	14	50:56
Tyler Aspin	3	23	56:24
Lauchie MacLure	4	50	67:21
Kevin Ryan	5	59	86:08
Richard Lynch	6	60	90:51
Jonas Deacon	7	62	116:17
John Hicky	8	--	----

MEN 20 - 29

Paul Wright	1	1	45:55
Randy MacNeill	2	10	49:35
Pete Nacholdt	3	12	50:11
Albert MacDonald	4	15	51:31
Reagh Ellis	5	24	56:41
Lorne Carmichael	6	25	56:45
Roland Andrew	7	43	63:42
Joe Gallagher	8	53	69:12

BELFAST LIONS MID-SUMMER JAUNT cont'd

MEN 30 - 39

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Don Pridmore	1	2	46:18
Ron Frid	2	3	46:21
Donald Campbell	3	5	47:40
Tim Dalling	4	6	48:05
Stewart Ogston	5	7	48:14
Ducan Rogerson	6	11	49:44
Robert Sagar	7	13	50:24
Dave Manovill	8	15	51:54
David Scannell	9	17	52:23
Jake Baird	10	18	52:26
Dave Edmond	11	19	54:44
Wayne T. Wright	12	20	54:57
Brian Dunn	13	21	55:14
Eric Manuel	14	27	57:47
Francis O'Donnell	15	30	58:51
Paul Mullin	16	31	59:00
Dennis Edgewcombe	17	33	59:49
Richard Davis	18	34	59:56
Roy Rodd	19	35	60:03
Gary Duncan	20	36	60:06
Brian Bradley	21	37	60:07
Ronnie Drake	22	39	61:04
Edward Mahoney	23	40	61:22
Dave MacNeill	24	42	61:49
John McQuaid	25	41	61:49
John Lansing	26	45	64:05
Tom Corcoran	27	47	64:44
Doug Miller	28	56	76:25

MEN 40 & OVER

Salam Hashem	1	8	48:24
Jim Wyatt	2	9	48:46
Lambert Pauley	3	22	55:28
Mike Sullivan	4	26	57:38
Ninian LeBlanc	5	28	58:19
Ed Grant	6	32	59:01
Wayne MacFarlane	7	38	60:33
Doug MacNevin	8	44	63:44
Tony Kelly	9	46	64:44
Roger Gillis	10	55	76:24
Paul Steele	11	57	76:29

WOMEN UNDER 20

Elaine Panton	1	58	83:41
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WOMEN 20 - 34

Carole Woodhall	1	48	56:10
Susane MacPhee-Manning	2	49	56:48
Janet Bradley	3	54	57:00

BELFAST LIONS MID-SUMMER JAUNT

cont'd

<u>WOMEN 35 & OVER</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Kathy Earley	1	29	58:40
Eleanor Freeman	2	51	67:52
Molly Schwarzman	3	52	68:33
Betty Kennedy	4	61	95:52

RACE RESULTSNORTH SHORE COASTAL RUN

French River to Malpeque, July 28, 1984

*NOTE: Age Category placings not available.

FINISHERS 1 - 29

Don Pridmore	57:46
Ron Frid	57:49
Jamie Thompson	57:57
Paul Wright	58:20
Spencer Campbell	59:04
Don Campbell	59:42
Peter Kittilsen	1:00:34
Alex Coffin	1:01:59
Wayne Gerrior	1:02:51
Jim Wyatt	1:02:54
Sharon Crawford	1:03:12
Carl Phillips	1:05:45
Roger Davies	1:06:18
Elmer Ozipko	1:06:48
Shawn Jay	1:07:04
Dennis Rogers	1:07:27
Gerry MacDonald	1:08:10
Reagh Ellis	1:08:21
Curtis DesRoche	1:08:27
Dave Edmond	1:08:27
Tony Isaacs	1:08:57
Jim MacDonnell	1:09:35
Ewen Stewart	1:10:13
Marlene Costain	1:11:08
Parker Lund	1:11:27
Jake Baird	1:11:27
Ed Grant	1:12:59
Ninian LeBlanc	1:13:04
Wayne MacFarlane	1:13:47

FINISHERS 30 - 59

Peter MacPherson	1:14:18
Paul Mullin	1:14:22
Roy Rodd	1:14:25
Gary Hilton	1:14:36
Don Reeves	1:14:59
Kathy Whittaker	1:15:06
Ena MacPherson	1:16:19
Don Harley	1:17:34
Brian Dunn	1:17:34
John McQuaid	1:18:19
Jim Duguid	1:18:19
Jack Lansing	1:18:34
Margaret MacDonald	1:19:10
Donna Profit	1:19:56
Bert Mills	1:20:34
Joe Gallagher	1:21:21
Mike Kahn	1:21:26
Tom Dewey	1:21:46
Eleanor Freeman	1:21:53
Marina Guilfoyle	1:22:07
Robert Pendergast	1:22:18
Eric MacDonald	1:22:40
Ivan Rover	1:22:54
Ron Black	1:22:55
Susane MacPhee-	1:23:10
Manning	
Bill Halloran	1:23:21
Joe Paquet	1:23:21
Margot Bentley	1:30:13
Jonas Deacon	1:33:13
Mike Sullivan	1:--:--

RACE RESULTS

ADL / TYNE VALLEY 20 MILE ROAD RACE

Tyne Valley, August 4, 1984

TOP TEN MEN

1. Peter James	1:57:55*	6. Stew Freeman	2:16:28
2. Paul Wright	2:00:47	7. John Derry	2:17:47
3. Ron Frid	2:04:26	8. Jake Baird	2:26:54
4. Don Pridmore	2:08:32	9. Dave Edmond	2:28:11
5. Jim Wyatt	2:08:32	10. Parker Lund	2:29:07

TOP FIVE WOMEN

1. Sharon Crawford	2:17:23*	4. Eleanor Freeman	2:55:16
2. Marlene Costain	2:31:45	5. Marcia Hilliard	2:56:07
3. Donna Profit	2:54:47		

WOMEN 25 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Marlene Costain	1	12	2:31:45

WOMEN 26 - 39

Sharon Crawford	1	6	2:17:23
Donna Profit	2	21	2:54:47
Marcia Hilliard	3	23	2:56:07

WOMEN 40 & OVER

Eleanor Freeman	1	22	2:55:16
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MEN 20 - 29

Paul Wright	1	2	2:00:47
Reigh Ellis	2	20	2:52:50
Joe Gallagher	3	24	2:56:42
Mike Hahn	4	26	3:03:37

MEN 30 - 39

Peter James	1	1	1:57:55
Ron Frid	2	3	2:04:26
Don Pridmore	3	4	2:08:32
Jake Baird	4	8	2:26:54
Dave Edmond	5	9	2:28:11
Harvey Bernard	6	11	2:50:08
Gary Hilton	7	13	2:32:51
Ed Boudreau	8	14	2:34:46
Don Harley	9	15	2:35:13
Brian Dunn	10	16	2:37:32
Ken Jones	11	17	2:39:05
Brian Bradley	12	18	2:45:20
Roy Rodd	13	19	2:46:09

ADL TYNE VALLEY 20 MILE ROAD RACE

cont'd

MEN 40 & OVER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Jim Wyatt	1	4	2:08:32
Stew Freeman	2	5	2:16:28
John Derry	3	7	2:17:47
Parker Lund	4	10	2:29:07
Don Ferguson	5	25	2:57:56

(* denotes new course record)

ADL/TYNE VALLEY 5 MILE ROAD RACE

Tyne Valley, August 4, 1984

WOMEN

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Marina Fay	1	6	41:17
Susan Shea	1	6	41:17
Brenda Gallagher	3	7	45:35
Nina Campbell	4	8	46:26

MEN

Donald Campbell	1	1	28:26
Alex Coffin	2	2	29:27
Carl Phillips	3	3	31:06
Michael McKenna	4	4	38:45
Don Skelton	5	5	39:39
Dave Forsythe	5	5	39:39
Wayne Wright	6	6	41:06

RACE RESULTS

NATIONAL PARK 10 KM ROAD RACE

Stanhope, August 11, 1984

TOP TEN MEN

1. Dale Irwin	33:22	6. Philip Easter	55:19
2. Doug Hozzman	34:09	7. Mark Shupe	35:36
3. Don Pridmore	34:13	8. Don Campbell	35:37
4. Paul Wright	34:27	9. Peter Kittilsen	36:00
5. Ron Frid	34:38	10. Jim Wyatt	36:14

TOP TEN WOMEN

1. Dorothy Gregory	44:44	6. Judy MacLean	48:07
2. Jennifer Chan	45:33	7. Joanne Watts	50:50
3. Helen Flynn	45:48	8. Janet Bradley	53:12
4. Donna Profit	46:39	9. Marina Fay	53:32
5. Eleanor Freeman	48:03	10. Margot Bentley	54:12

WOMEN 16 - 24

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Kelly Paquett	1	85	56:24
Heather Digdon	2	86	57:37

WOMEN 25 - 29

Dorothy Gregory	1	51	44:44
Donna Profit	2	60	46:39
Joanne Watts	3	75	50:50
Marina Fay	4	78	53:32
Margot Bentley	5	81	54:12
Darlene Robison	6	89	61:37

WOMEN 30 - 34

Jennifer Chan	1	54	45:33
Judy MacLean	2	69	48:07
Janet Bradley	3	77	53:12

WOMEN 35 & OVER

Helen Flynn	1	56	45:48
Eleanor Freeman	2	67	48:03
Nancy Sears	3	83	54:27
Rosemary Faulkner	4	87	57:59
Beth Carter	5	88	58:37

NATIONAL PARK 10 KM ROAD RACE cont'd

MEN UNDER 16

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Alex Coffin	1	11	36:34
Wayne Long	2	70	48:34

MEN 16 - 24

Philip Easter	1	6	35:19
Mark Shupe	2	7	35:36
Randy MacNeill	3	12	36:48
Andrew O'Rourke	4	15	37:30
Shawn Jay	5	17	37:54
Damon Loomer	6	36	41:32
Reagh Ellis	7	43	42:30

MEN 25 - 29

Dale Irwin	1	1	35:22
Doug Hozzman	2	2	34:09
Paul Wright	3	4	34:27
Albert W. MacDonald	4	14	37:27
Ian Griffin	5	18	38:18
Bill MacEachern	6	23	39:05
Tony Isaacs	7	24	39:16
David Pringle	8	27	39:51
Colin MacAdam	9	38	41:49
Dave Forsythe	10	46	43:03
Joe Gallagher	11	61	46:43
Ken Harris	12	90	72:10

MEN 30 - 39

Don Pridmore	1	3	34:13
Ron Frid	2	5	34:38
Don Campbell	3	8	35:37
Peter Kittilsen	4	9	36:00
Brian Milburn	5	13	36:57
Wayne Gerrior	6	16	37:53
Mark Roberts	7	19	38:29
Wayne T. Wright	8	22	39:04
Dave Edmond	9	25	39:30
Brian Dunn	10	28	39:56
Dave Manovill	11	30	40:14
Al Beaton	12	31	40:55
Terry Mosher	13	32	40:59
Bill Bowman	14	34	41:18
Harvey Bernard	15	35	41:20
Gary Hilton	16	41	42:09
Robert Kirchner	17	42	42:17
Bruce Duffy	18	44	42:42
Francis O'Donnell	19	47	43:47
Brian Bradley	20	50	44:35
Brian McInnis	21	52	45:04

NATIONAL PARK 10 KM ROAD RACE cont'd

<u>MEN 30 - 39</u> cont'd			
	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
John McQuaid	22	53	45:19
John Howatt	23	59	46:30
Paul Mullin	24	63	47:35
Tom Corcoran	25	64	47:36
Tom MacDonald Sr.	26	65	47:52
Tim Sander	27	66	47:56
George Miller	28	74	50:22
Jake Baird	29	79	53:32

<u>MEN 40 & OVER</u>			
Jim Wyatt	1	10	36:14
Stew Freeman	2	20	38:33
Ewen Stewart	3	21	38:36
John Derry	4	26	39:34
Jim McDonnell	5	29	39:59
Gregory Hines	6	33	41:15
Mike Sullivan	7	37	41:46
Don Moffett	8	39	41:53
Linnell Edwards	9	40	41:58
Parker Lund	10	45	42:43
Richard Godin	11	48	44:02
Wayne MacFarlane	12	49	44:34
Doug Oram	13	55	45:43
Doug MacNevin	14	58	46:00
Wayne Hambly	15	62	46:53
Roy Matheson	16	68	48:06
Peter McGonnell	17	71	48:40
E.I. MacDonald	18	72	48:56
Sol Paquett	19	73	49:14
Robert Enright	20	76	51:43
Roger Gillis	21	80	54:09
Paul Steele	22	82	54:17
Ed Hams	23	84	55:52

RACE RESULTS

KENSINGTON HARVEST FESTIVAL RUN

Kensington, August 18, 1984

TOP TEN MEN

1. Don Pridmore	1:31:59	6. Mike Porlier	1:41:13
2. Ron Frid	1:32:10	7. Albert MacDonald	1:41:24
3. Paul Wright	1:37:37	8. Mike Burke	1:42:37
4. Salam Hashem	1:38:13	9. John Derry	1:44:10
5. Stew Freeman	1:40:49	10. Dave Edmond	1:45:33

TOP SIX WOMEN

1. Marlene Costain	1:54:59	4. Susane MacPhee-Manning	2:15:34
2. Eleanor Freeman	2:08:11	5. Samara Balfour	2:18:36
3. Donna Profit	2:10:10	6. Margot Bentley	2:27:33

WOMEN UNDER 25

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Marlene Costain	1	17	1:54:59

WOMEN 25 - 34

Donna Profit	1	24	2:10:10
Susane MacPhee-Manning	2	26	2:15:34
Margot Bentley	3	29	2:27:33

WOMEN 35 & OVER

Eleanor Freeman	1	21	2:08:11
Samara Balfour	2	27	2:18:36

MEN UNDER 20

Curtis DesRoche	1	15	1:50:08
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MEN 20 - 29

Paul Wright	1	3	1:37:37
Mike Porlier	2	6	1:41:13
Albert MacDonald	3	7	1:41:24
Ron Black	4	20	2:08:01
Joe Gallagher	5	23	2:09:00

MEN 30 - 39

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Don Pridmore	1	1	1:31:59
Ron Frid	2	2	1:32:10
Dave Edmond	3	10	1:45:33
Jake Baird	4	13	1:47:37
Harvey Bernard	5	13	1:47:57
Errol Toombs	6	16	1:53:25
Leon Berrouard	7	28	2:19:16

MEN 40 - 49

Salam Hashem	1	4	1:38:13
Stew Freeman	2	5	1:40:49
Michael Burke	3	8	1:42:37
John Derry	4	9	1:44:10
Ewen Stewart	5	11	1:45:42
Clare Williams	6	12	1:46:42
Mike Sullivan	7	18	1:56:20
J.D. Murray	8	19	2:03:41
David Balfour	9	22	2:08:37
Glen O'Reilly	10	25	2:13:45

RACE RESULTS

VOLUME RENTALS FIVE KILOMETER RUN

Sherwood, August 25, 1984

Approximately 56 runners turned out on a cool, windy day to participate in this year's run. The run saw a record of nine families registering to run. The winner of the race was Ron Frid in a time of 16:25 and second place went to Shawn Watters in a time of 16:41 and third to Don Campbell in a time of 16:44.

Dorothy Gregory set a new course record in 20:56. The youngest male runner was David MacDonald and Jennifer Frid for the females. Jennifer also finished third in her age category.

The Don Campbell Family received the family plaque for the largest family participating and three members of the family also received recognition in their respective age categories.

The following is the breakdown of entrants and their times.

TOP TEN MEN

1. Ron Frid	16:25	6. Brian Graham	16:59
2. Shawn Watters	16:41	7. Salam Hashem	17:26
3. Don Campbell	16:44	8. Paul Bouigeois	17:47
4. Paul Wright	16:55	9. Gordon Crowell	17:59
5. Curtis DesRoche	16:58	10. Stew Freeman	18:13

TOP FIVE WOMEN

1. Dorothy Gregory	20:56	4. Phyllis Springs	23:09
2. Helen Flynn	21:58	5. Judy MacLean	23:26
3. Dianne Bradley	22:48		

MEN UNDER 20

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Curtis DesRoche	1	5	16:58
Brian Graham	2	6	16:59
Tommy MacDonald	3	11	18:39
Joel Bouigeois	4	13	18:45
Lauchie MacLure	5	21	20:48
David MacDonald	6	39	25:37
Trov MacCallum	7	50	31:50

MEN 20 - 29

Shawn Watters	1	2	16:41
Paul Wright	2	4	16:55
Gordon Crowell	3	9	17:59
Jeff Cook	4	14	18:46
Reagh Ellis	5	15	19:07
Doug MacMurdo	6	16	19:08
Randy MacNeill	7	17	19:33
Brooke Gregory	8	23	21:10
Bob Perry	9	47	28:06

VOLUME RENTALS FIVE KILOMETER RUN

cont'd

MEN 30 - 35

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Doug Jones	1	12	18:42
Harvey Bernard	2	18	19:34
Bernard Bechard	3	19	19:40
Francis Dewar	4	27	22:09

MEN 35 - 39

Ron Frid	1	1	16:25
Don Campbell	2	3	16:44
Tom MacDonald	3	25	21:43
Brian Bradley	4	36	24:07
Jim MacCallum	5	55	41:02

MEN 40 & OVER

Salam Hashem	1	7	17:26
Paul Bouigeois	2	8	17:47
Stew Freeman	3	10	18:13
Don Moffett	4	20	19:50
Roy Matheson	5	24	21:38
Carl Cooper	6	29	22:48
Doug MacNevin	7	30	22:58
Paul Steele	8	40	26:20
Wayne MacFarlane	9	43	27:19

WOMEN UNDER 20

Charlotte Campbell	1	38	25:17
Melody Campbell	2	45	27:55
Jennifer Frid	3	49	30:33
Claudette Hammock	4	52	33:56
Julie MacCallum	5	54	41:02

WOMEN 20 - 29

Dorothy Gregory	1	22	20:56
Marina Fay	2	33	23:48
Tanya Gregory	3	34	23:53
Karen Mellish-May	4	37	25:01
Kathy Earl	5	42	27:18
Darlene Matheson	6	48	28:09

WOMEN 30 - 34

Dianne Bradley	1	28	22:48
Judy MacLean	2	32	23:26
Janet Bradley	3	35	24:07

WOMEN 35 & OVER

Helen Flynn	1	26	21:58
Phyllis Springs	2	31	23:09
Eleanor Freeman	3	40	26:20
Nina Campbell	4	44	27:31
Bunty Albert	5	46	27:55
Jennie Dugan	6	--	33:25
Janet Hammock	7	53	33:56

NUMBER	TIME	LAST NAME	FIRST NAME	RACE	CHAMP	DIV	AGE	CLASS	POS	TEAM	PROV	CITY	ADDRESS
211	62:15	COOK	ROBERT	1	M	1	27	MS	1	NEW BALANCE	MAN	WINNIPEG ???	104-848 ALLEGHENY DR
214	63:40	BRITTEN	WILLIAM	2	M	2	29	MS	2	NEW BALANCE	BC	PORT MOODY	207 COLLEGE PARKWAY
204	63:57	GILLMOR	ED	3	M	3	30	MS	3	NEW BALANCE	ALTA	EDMONTON	8826-89TH ST.
212	65:18	WILLIAMS	RALPH	4	M	4	32	MS	4	NS	CENTREVILLE		BOX 103
206	66:28	HAMILTON	MIKE	5	M	5	20	MS	5	NS	MIDDLETON		BOX 932
395	67:00	McGuire	Joe	6			40	MM	1	ELM CITY PAC	NB	Woodstock	P O Box 1374
207	67:44	LEMOX	JOHN	7	M	6	20	MS	6	QNT	BURLINGTON		3082 NORTHVIEW CRES
208	67:59	JONES	ANDY	8	M	7	23	MS	7	QNT	TORONTO		10 WALMAR ROAD, #908
296	68:26	PARSONS	CRAIG	9			20	MS	8	NEW BALANCE	NS	LIVERPOOL	130 CORNWATON AVE
203	68:30	RUGGLES	DAVE	10	M	8	19	MJ	1	NS	LIVERPOOL		311 MAIN ST
209	69:07	KERR	ALAN	11	M	9	41	MM	2	BC MASTERS	BC	KELOWNA	3192 WALNUT RD
231	69:20	JONES	RICHARD T	12	M	10	43	MM	3	BC MASTERS	BC	DELTA	6435 KNIGHT DR
215	69:32	BEVANS	ROB	13	M	11	25	MS	9	NS	HALIFAX		6931 CHEBUCTO RD
233	70:11	CONWAY	TOM	14	M	12	42	MM	4	NS	4551 ALMOR ST		
290	70:31	McSORLEY	ROYL	15			33	MS	10	ELM CITY PAC	NB	FREDERICTON	245 PARKSIDE DR
321	70:35	FRID	RON	16			37	MS	11	DREAMERS	PEI	YORK	P.O.
254	70:47	HARE	SCOTT	17			19	MJ	2	ELM CITY PAC	NB	????	115 MARGARET ST EXT
286	70:54	McAULEY	SANDY	18			29	MS	12	NWT	FROBISHER BAY		BOX 748
317	71:03	FOUGERE	JOE	19			31	MS	13	ELM CITY PAC	NS	??	1448 PRENTON ST APT 11
242	71:16	ROBINSON	TRACEY	20	F	1	21	FS	1	QNT	QUELPH		6 MALVEN CRES
251	71:34	Canbell	Spencer	21			17	MJ	3	PEI	St.Eleanor's		91 LILY CRES
216	71:35	WIRTANEN	BILL	22	M	13	40	MM	5	BC MASTERS	BC	DELTA	11369-74A AVE
292	71:40	Pridmore	Don	23			33	MS	14	DREAMERS	PEI	Charlottetown	53 Newland Cres.
205	71:53	FOSTER	DEAN	24	M	14	29	MS	15	QNT	KITCHENER		58 CEDAR ST SOUTH
217	72:47	KING	TIM	25	M	15	25	MS	16	NS			6124 PEPPERELL ST
271	73:04	Canbell	Don	26			37	MS	17	PEI	St.Eleanor's		91 LILY CRES
229	73:14	DEBROSIERERS	COLETTE	27	F	2	22	FS	2	MAN	WINNIPEG		23 BROADING BLVD
323	73:27	McDONALD	LEONARD	28			NS	MS	18	NB	MONCTON		38 ROSEWOOD CRESC.
279	74:18	Kittelsen	Peter	29			39	MS	19	DREAMERS	PEI	KENSINGTON	PO BOX 415
252	74:19	Easter	Philip	30			19	MJ	4	PEI	Charlottetown		18 DALE DRIVE
301	74:24	Wright	Paul	31			28	MS	20	DREAMERS	PEI	Bedeque	
303	74:43	GRONDIN	JOSEPH	32			24	MS	21	NB	MONCTON		161 ST JOHN ST APT 1
243	74:59	TOMLINSON	LESLEY	33	F	3	25	FS	3	BC TEAM	BC	WEST VANCOUVER	905 HIGHLAND DR
241	75:44	ROBERTS	KATHY	34	F	4	24	FS	4	QNT	LONDON		5-124 ALBERT ST
404	76:07	BOURGEDIIS	PAUL	35			MM	6	NB MASTERS	BC	N. VANCOUVER		2652 POPLYN PL
234	76:13	DUFFY	BERWADETTE	36	F	5	26	FS	5	BC TEAM	BC	VANCOUVER	WEST 13TH
247	76:20	PICK	PAULA	37	F	6	35	FM	1	BC TEAM	PEI	BELLE RIVER	
269	76:48	MacDonald	Albert	38			28	MS	22	PEI			
245	77:22	McKAY	BEVERLEY	39	F	7	23	FS	6	MAN	WINNIPEG		23 FLAMINGO AVE
225	77:30	WEAR	MARY ANNE	40	F	8	30	FS	7	NS			103 DESSBRISAY DR
390	77:32	Freeman	Stew	41			46	MM	7	PEI	North Granville		BREADALBANE RR 1
416	77:58	GRANES	RICHARD S.	42			51	MJ	1	QNT	ETOBICOKE		306 THE WEST MAL-#102
291	78:05	OBRIITSC	GARY	43			35	MS	23	NS	WINDSOR JCT		RR 1, SITE 35, BOX 15
201	78:13	SVEINSON	KEVIN	44	M	16	17	MJ	5	NEW MINAS	NS	KENTVILLE	9 SELFRIDGE
295	78:42	PHILLIPS	CARL	45			39	MS	24	PEI	TYNE VALLEY		RR 1
418	79:06	Stewart	Even	46			51	MJ	2	ALSO RANS	PEI	Charlottetown	159 NASSAU ST
298	79:07	TREVORS	KEITH F	47			34	MS	25	NB	CWATHAM		RR 82, BOX 9
253	79:39	JAY	SHAWN	48			17	MJ	6	PEI	LINKLETTER/SUM		357 GLEN DR.
225	79:52	GALLANT	GEORGE	49	M	17	56	MJ	3	NB MASTERS	NB	CAP PELE	RR 2
274	79:59	DUPUIS	OMER	50			26	MS	26	NB	MEMHAMCOOK EAST		PO BOX 401, RR 1
275	80:04	EDMOND	DAVE	51			38	MS	27	PEI	ST ELEANOR'S		62 TANTON DR
315	80:11	BERNARD	HARVEY	52			35	MS	28	FLYNN PLUS	PEI	CROSSROADS	15 TOMERWOOD DR
259	80:21	DESROCHE	CURTIS	53			16	MJ	7	PEI	ST. ELEANORS		
266	80:41	BAIRD	JOHN	54			33	MS	29	ALSO RANS	PEI	CHARLOTTETOWN	15 BELVEDERE AVE, APT
307	80:55	MANVILLE	DAVE	55			31	MS	30	PEI	CHARLOTTETOWN		89 SCARLET AVE
329	81:18	EDGETT	TERRY	56			37	MS	31	NEW			56 TONE ROAD
226	81:22	DOUGLAS	LESLIE	57	F	9	20	FS	8	NS			
293	81:46	FORLIER	MIKE	58			23	MS	32	PEI	SLEYON PARK		PO BOX 426

NUMBER	TIME	LAST NAME	FIRST NAME	RACE	CHAMP	DIV	AGE	CLASS	POS	TEAM	PROV	CITY	ADDRESS
304	82:10	HARRIS	GARY M	59			30	MS	33	NEW MINAS	NS	NEW MINAS	1020 OLD FARM LANE
406	82:37	NORTHEN	LLOYD	60			41	MM	8		N.S.	JUDIQUE	RR#1
312	82:39	HARDY	GEORGE	61			32	MS	34		NS	DEBERT	RR 1, PO BOX 190
284	82:54	MAGSON	LARRY R.	62			33	MS	35		QNT	CAMPBELLVILLE	BOX 100
439	82:55	COSTAIN	MARLENE	63			24	FS	9		PEI	CHARLOTTETOWN	670 UNIVERSITY AVE, AP
393	82:56	LIND	PARKER	64			46	MM	9		PEI	CHARLOTTETOWN	8 MAPLE ST
282	83:10	MURPHY	KEVIN	65			35	MS	36		NB	RIVERVIEW	17 BONDON ST
244	83:43	CHORNEY	KAREN	66	F	10	26	FS	10		ALTA	EDMONTON	10745-86TH AVE, #7
327	83:49	SHEEHY	LEO	67			29	MS	37		NEW	HOPEWELL CAPE	RR#1
325	83:50	KENT	LESLIE	68			33	MS	38		NOVA	AMHERST	19 AGNEW STREET
289	83:52	McALEER	JOHN	69			25	MS	39		PEI	CHARLOTTETOWN	405 QUEEN ST
273	83:53	DUNN	BRIAN	70			30	MS	40		PEI	CORNWALL	SITE 8, BOX 38, RR#4
226	84:25	FAULKNER	CURTIS	71	M	18	53	MJ	4		NS	TRURO	522 PICTOU RD
246	84:34	MacKAY-SMITH	WINNIE	72	F	11	43	FM	2	BC TEAM	BC	KAMLOOPS	1272 RIVER ST
320	84:55	HACMURDO	DOUG	73			24	MS	41		PEI	SUMMERSIDE	RR#3
302	84:57	MACHURD	DAVE	74			34	MS	42	NEW MINAS	NS	KENTVILLE	RR 1
326	85:51	LAMMEN	PAUL	75			34	MS	43		NEW	MONCTON	3 STEWART STREET
303	86:00	MACNEILL	DAVID	76			37	MS	44		PEI	CH'TOWN	PO BOX 27
294	86:07	POSTMA	BUTCH	77			29	MS	45		PEI	CHARLOTTETOWN	60 CHELSEA CIRC
276	86:15	ELLIS	REAGH	78			22	MS	46		PEI	CHARLOTTETOWN	HARBORSIDE 1, APT 40
311	86:20	MacPHERSON	PETER	79			28	MS	47		NS	HALIFAX	PO BOX 8741 STATION A
329	86:35	RUSHTON	CHRIS	80			22	MS	48		PEI	SUMMERSIDE	326 GRAMVILLE STREET
283	86:46	McLAUGHLIN	GARY	81			28	MS	49		NS	PICTOU	PO BOX 918
270	86:52	DAVIS	LYLE	82			29	MS	50		NS	KENTVILLE	93 CHESTER AVE
314	86:54	BALLUM	DAVID	83			30	MS	51		NS	WOLFVILLE	PO BOX 727
322	86:56	DIGGINS	BARRY	84			38	MS	52		N.S.	GRAND LAKE	HALIFAX COUNTY
419	87:41	SULLIVAN	MIKE	85			52	MJ	5	FLYNN PLUS	PEI	BUNBURY	88 HERON DR
318	87:49	BECHARD	BERNARD	86			?	MS	53		??	??	??
387	88:08	Cooper	Carl	88			42	MM	10	ALSO RANS	PEI	Charlottetown	83 HIGHLAND AVE
324	88:08	MACLEAN	RALPH	87			21	MS	54		NOVA	TRENTON	DIAMOND STREET
417	88:22	McCABE	COLIN	89			53	MJ	6		NB	SACKVILLE	PO BOX 533
403	88:35	CLEVELAND	JIM	90			41	MM	11		NS	ARMDALE	RR 1, BOX 94 GREENWOOD
421	88:38	LEBLANC	NINIAN	91			52	MS	7		PEI	CH'TOWN	1 BARDIN CRES
394	89:32	MacFARLANE	WAYNE	92			42	MM	12		PEI	CORNWALL	SITE 3, BOX 104
420	89:38	GANNAKAKIS	GEORGE	93			52	MJ	9		MARY	BALTIMORE	2 GOODALE RD.
232	90:20	BRAYMAN	HUGH	94	M	19	40+	MM	13		QNT	NEPEAN	23 LAVINA CRES
319	90:41	CONNOR	P.	95				MS	55				RFD4 BOX 229 OTIS
369	91:15	ELLIOT	JOHN D.	96			41	MM	14		NS	TRURO	126 BURNHEAT ST
388	92:26	DOIRON	ALPHONSE	97			48	MM	15	NB MASTERS	NB	CAP PELE	BOX 2, SITE 26
308	92:48	HARLEY	DON	98			34	MS	56		PEI	CHARLOTTETOWN	7 ROYAL COURT, APT#308
227	92:49	MacPHERSON	EVA	99	F	12	25	FS	11		NS	HALIFAX	P.O. BOX 8741, STATION
287	92:49	MANUEL	ERIC	100			34	MS	57		NB		19 BEVERLY DR
323	92:55	MURPHY	G.P.	101			28	MS	58		NFLD	CHURCHILL FALLS	P.O. BOX 141
391	93:35	HANMOCK	VIRGIL	102			46	MM	16		NB	SACKVILLE	PO BOX 1780
103	93:53	MACDONALD	DOUG	103			24	MS	59				
218	94:02	BEVAN	JOHN	104	M	20	36	MS	60		NS	HALIFAX	1127 CARTARET ST, APT
313	95:10	WHITE	RALPH	105			39	MS	61		NB	RIVERVIEW	29 MELODY LANE
331	95:22	CORCOWAN	TOM	106			36	MS	62		PEI	CH'TOWN	23 NORTH RIVER RD.
107	95:25	FRIZZELL	ROSS	107			37	MS	63				
108	95:26	SKINNER	BRIAN	108			36	MS	64				
229	95:42	ROBERTSON	JANET	109	F	13	45	FM	3		NS	TRURO	135 DOMINION
401	97:01	MacNEVIN	DOUG	110			41	MM	17		PEI	CHARLOTTETOWN	36 SEAVIEW BLVD
255	97:05	McQUAID	JOHN	111			36	MS	65		PEI	CHARLOTTETOWN	PO BOX 2641
440	97:10	LEWMAN	ALEXIA	112			32	FS	12		N.B.	MONCTON	3 STEWART ST.
339	97:24	AGNEW	GARY	113			37	MS	66	SOUTHEAST ST NB	MONCTON ?		23 BALDWIN ST
306	97:25	RODD	ROY	114			31	MS	67		PEI	CHARLOTTETOWN	17 ST.

Report: RESULTS

AUGUST 26, 1984

NUMBER	TIME	LAST NAME	FIRST NAME	RACE	CHAMP	DIV	AGE	CLASS	POS	TEAM	PROV	CITY	ADDRESS
288	98:01	ORMROD	ROB	117			24	MS	69		PEI	CHARLOTTETOWN	120 BRACKLEY PT RD
471	98:18	Freeman	Eleanor	118			45	FM	5		PEI	North Granville	BREADALBANE RR 1
277	98:53	FRASER	ED	119			32	MS	70		PEI	EAST ROYALTY	44 WESCOMB CRES
386	98:53	HARRIS	BOB	120				MM	18		PEI	EAST ROYALTY	40 WESCOMB CRES
441	99:05	PROFIT	DONNA	121			29	FS	13		PEI	CH'TOWN	4 ROYAL G #2
443	99:06	MacPHEE-MANNING	SUSANE	122			29	FS	14		PEI	MOUNT STEWART	BOX 36
316	1:00 PM	Bradley	Brian	124			36	MS	71	FLYNN PLUS	PEI	Bunbury	27 Wren DRIVE
260	1:00 PM	EDGETT	AARON	123			11	MJ	8		NEW	HONCTON	56 TOWER DR.
402	1:01 PM	TRUKA	JAN	125			41	MM	19	NB MASTERS	NB	NEWCASTLE	266 HEATH CRT
255	1:02 PM	PENDERGAST	ROBERT	126			16	MJ	9		PEI	ST LOUIS	BOX 17
407	1:03 PM	MACDONALD	ERIC	128				MM	20		PEI	SUMMERSIDE	TRAVELERS REST
396	1:03 PM	PAQUETTE	JOSEPH	127			42	MM	21		PEI	KENSINGTON	RR 1 MALPEQUE
438	1:04 PM	WELLS	JD	129			34	FS	15		ONT	HAMILTON	28 GLENDALE AVE SOUTH
257	1:07 PM	MacLURE	LAUCHIE	130			???	MJ	10		PEI	MURRAY RIVER	
332	1:20 PM	FITZGERALD	STEVE	131			31	MS	72		USA,	LAKEWOOD	1297 ANDREW ST
398	1:22 PM	STEELE	PAUL	132			48	MM	22		PEI	CHARLOTTETOWN	59 PINE DR
310	1:29 PM	ARMSTRONG	DIRK	133			39	MS	73		MASS	CAMBRIDGE	7 WERHEL ST

The Race Committee would like to thank all those who contributed to the race and its success. This includes our main sponsor, Stanhope Beach Lodge, other financial contributors such as Aerobics First and the Government of P.E.I., the many Island firms and businesses that provided awards, goods or services, and the many, many, volunteers who made the event possible.

Lastly, thank you to all who participated. We are proud to have hosted a Canadian Championship and we hope that we have measured up to the standards that runners believe this event deserves.

RACE RESULTS

ALICE - FAYE'S THREE MILE RUN FOR WOMEN

Charlottetown, September 30, 1984

FINISHERS 1 - 15

FINISHERS 16 - 31

Susan Rogers	20:41	Melody Campbell	25:45
Dorothy Gregory	21:16	Nina Campbell	25:45
Helen Flynn	21:28	Darlene Robison	26:15
Dianne Bradley	21:58	Kathy Earl	26:20
Judy MacLean	22:18	Heather Bellamy	26:32
Eleanor Freeman	23:04	Louvina Edwards	27:15
Susane MacPhee-Manning	23:08	Colleen White	27:30
Sheila Bell	23:53	Maureen MacNeill	27:30
Charlotte Campbell	23:57	Jennifer Frid	29:41
Stacy Affleck	24:07	Vanessa MacLean	31:52
Marina Fay	24:11	Beckie MacLean	31:55
Carole Woodhall	24:34	Shannon Bradley	32:21
Karen Mellich-May	24:41	Janet Bradley	32:21
Rosemary Faulkner	24:44	Carolyn Edmond	34:38
Katie LeClair	25:20	Sherra Profit	37:35
		Talia Profit	37:37

WOMEN 19 & UNDER

	Class Order	Race Order	Time
Susan Rogers	1	1	20:41
Sheila Bell	2	8	23:53
Charlotte Campbell	3	9	23:57

WOMEN 25 - 29

Dorothy Gregory	1	2	21:16
Susane MacPhee-Manning	2	7	23:08
Marina Fay	3		24:11

WOMEN 30 - 34

Dianne Bradley	1	4	21:58
Judy MacLean	2	5	22:18
Colleen White	3		27:30
Maureen MacNeill	4		27:30

WOMEN 35 - 39

Helen Flynn	1	3	21:28
Rosemary Faulkner	2		24:44
Nina Campbell	3		25:45

WOMEN 40 & OVER

Eleanor Freeman	1	6	23:04
Louvina Edwards	2		27:15

File: 6TH ISLAND MARATHON
Report: RESULTS

Page 1
SEPT 9 1984

POS	26+385	LAST NAME	FIRST NAME	CLASS	POS	PROV	CITY	ADDRESS	PR ISLAND MARATHON	AGE
1	2.44.24	WRIGHT	PAUL	M2	1	PEI	BEDEQUE (P)		2,50.10 (1980)	27
2	2.51.57	HASHEM	SALAM	M4	1	PEI	CHARLOTTETOWN	251 FITZROY ST	3.12. (1981)	42
3	2.57.25	EDWARDS	JOHN	M3	1	PEI	CHARLOTTETOWN	185 KENSINGTON RD	FIRST	32
4	2.59.31	KITTELSEN	PETER	M3	2	PEI	KENSINGTON (P)	BOX 415	2,51.	39
5	3.02.30	STEWART	EWEN M	M5	1	PEI	CHARLOTTETOWN	159 MASSAU ST	2,47.01 (1979)	51
6	3.04.19	DERRY	JOHN	M4	2	PEI	BUNBURY	209 MASON RD	FIRST	46
7	3.05.05	LEURI	E ANTHONY	M5	2	MD	ROCKVILLE	6LL ASTER BLVD	FIRST	51
8	3.17.14	BERNARD	HARVEY	M3	3	PEI	CROSSROADS	15 TOWERMOOD DR.	3,46.35 (1983)	35
9	3.23.05	MORRIS	R TERRY	M2	2	NS	LOUISBURG	GENERAL DELIVERY	3,03.00 (1982)	27
10	3.25.02	SMITH	DOUGLAS D	M3	4	NB	FREDERICTON	110 NOTTINGHAM ST	FIRST	39
11	3.25.28	BALLUM	DAVID	M3	5	NS	WOLFVILLE	PO BOX 427	FIRST	30
12	3.27.25	MOODIE	ROBERT Y	M5	3	VT	WOODSTOCK		FIRST	52
13	3.27.46	PETERS	KEVIN	M2	3	PEI	SOURIS (K)	PO BOX 327	FIRST	26
14	3.29.06	SWIM	AL	M4	3	PEI	BUNBURY	30 WREN DR	3,33.12 (1983)	40
15	3.29.08	COSTAIN	MARLENE	F2	1	PEI	ST LAWRENCE (P)		3,38.50 (1983)	24
16	3.31.11	BAIRD	JAKE	M3	6	PEI	CHARLOTTETOWN	15 BELVEDERE AVE, APT 204	3,07. (1980)	32
17	3.33.47	MANOVILL	DAVE	M3	7	PEI	CHARLOTTETOWN	89A SCARLET AVE	3,32.07 (1983)	31
18	3.34.20	JONES	KEN	M3	8	PEI	TIGNISH (P)	RR 3	3,18.12 (1981)	35
19	3.34.28	LUND	PARKER	M4	4	PEI	CHARLOTTETOWN	8 MAPLE ST	3,04.	46
20	3.43.12	PAULLEY	LAMBERT	M4	5	PEI	BELFAST	RR 1	4,07.56 (1983)	41
21	3.50.46	MacPHERSON	PETER	M2	4	NS	HALIFAX	PO BOX 6741, STN A	4,37.00 (1983)	28
22	3.52.46	HARLEY	DOM	M3	9	PEI	CHARLOTTETOWN	APT 308, 7 ROYAL CT	3,49.	34
23	3.54.12	FLYNN	HELEN	F4	1	PEI	SHERWOOD	20 POPE AVE	4,02.31 (1983)	36
24	3.56.19	DUNN	BRIAN	M3	10	PEI	CORNWALL	RR 4, SITE 8, BOX 38	FIRST	30
25	3.58.09	FAULKNER	CURTIS	M5	5	NS	TRURO	522 PICTOU RD	3,37.30 (1983)	53
26	3.58.10	JAY	SHAWN	M1	1	PEI	SUMMERSIDE (P)	357 GLEN DR	FIRST	17
27	3.58.59	FRINK	LISA	F2	2	NB	SAINT JOHN	61 PARK DRIVE	FIRST	21
28	4.04.04	RODD	ROY	M3	11	PEI	CHARLOTTETOWN	17 ST CLAIRE AVE	FIRST	30
29	4.07.51	McLAUGHLIN	GARY	M2	5	NS	PICTOU	PO BOX 918	3,31.00	29
30	4.11.10	MacPHEE-MANNING	T SUZANNE	F3	1	PEI	MT STEWART	PO BOX 3A	FIRST	29
31	4.15.55	HILTON	GARY	M3	12	PEI	BUNBURY	11 WREN DR	FIRST	33
32	4.16.39	HANN	MICHAEL	M2	6	PEI	ST ELENORS (P)	113 WANDELL	FIRST	29
33	4.17.00	FANCY	ALEX	M4	6	NB	SACKVILLE	125 YORK ST	4,15.	43
34	4.22.47	WHITE	PAUL J	M3	13	ONT	ILDERTON	RR 2	FIRST	32
35	4.25.03	FREEMAN	ELEANOR	F4	2	PEI	NO GRANVILLE		?	44
36	4.25.16	ELLIOTT	JOHN D	M4	7	NS	TRURO	124 BURNHEAT ST	4,29.10 (1983)	41
37	4.26.18	SMITH	MARY	F3	2	NS	DARTMOUTH	93 NEWCASTLE	FIRST	30
38	4.34.08	LAWLOR	GORD	M3	14	PEI	CHARLOTTETOWN	28 ALLEY ST	FIRST	34
39	4.41.04	FLOOD	ELIZABETH	F4	3	NB	SAINT JOHN	61 PARK DRIVE	FIRST	44
40	4.44.18	STAIRS	NATHAN	M1	2	PEI	HUNTER RIVER	RR 3	FIRST	17
41	4.44.19	QUESVEL	GARRY	M2	7	PEI	WINSLOE	RR 2	FIRST	21
42	4.47.46	MacPHERSON	EWI	F2	3	NS	HALIFAX	PO BOX 6741 STN A	FIRST	25
43	4.48.14	McGUITGAN	AUSTIN	M4	8	CT	NEW BRITAIN	64 MASON DR	FIRST	40
44	4.52.29	SCHUMAN	CARL	M3	15	CT	LITCHFIELD	MS60M ST	FIRST	38
45	4.52.29	MacLURE	LAUCHIE	M1	3	PEI	MURRAY RIVER(K)	RR 2	FIRST	15
46	5.04.32	ROBICHAUD	BETTY ANN	F4	4	NB	ST MARTINS	PO BOX 18	FIRST	26
47	5.24.02	JACKSON	MARILYN	F3	3	NB	ST MARTINS		FIRST	33
48	5.37.32	CHAISSON	PIERRE G	M2	8	PEI	EAST ROYALTY	14 BONNIE ELINK DR	FIRST	28

RACE RESULTS

C. A. H. P. E. R. 10 KILOMETER RUN

Stanhope, October 14, 1984

TOP TEN MEN

1. Don Pridmore	34:18	6. Don Campbell	35:50
2. John Edwards	34:27	7. Don Sexton	36:48
3. Philip Easter	34:43	8. Stew Freeman	38:53
4. Ron Frid	34:46	9. John Derry	39:47
5. Paul Wright	35:29	10. Brian Dunn	39:56

TOP FIVE WOMEN

1. Marlene Costain	39:12*	4. Helen Flynn	46:10
2. Dorothy Gregory	44:03	5. Eleanor Freeman	48:20
3. Susan Rogers	45:58		

* Race Record

WOMEN UNDER 20

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Susan Rogers	1	42	45:58
Melody Campbell	2	28	57:55

WOMEN 20 - 29

Marlene Costain	1	9	39:42
Dorothy Gregory	2	21	44:03
Susane MacPhee-Manning	3	37	49:35
Karen Mellish-May	4	38	52:16
Francie MacDougall	5	41	54:51

WOMEN 30 & OVER

Helen Flynn	1	29	46:10
Eleanor Freeman	2	32	48:20
Nina Campbell	3	42	57:55
Louvina Edwards	4	44	101:19

MEN UNDER 20

Philip Easter	1	3	34:43
Dean MacMillan	2	16	41:47
Lauchie MacLure	3	24	44:58

MEN 20 - 29

Paul Wright	1	5	35:29
Don Sexton	2	7	36:48
Brooke Gregory	3	17	42:04
Reagh Ellis	4	19	43:53
Jean Bergevin	5	20	43:59
Ivan Royer	6	31	48:11

C.A.H.P.E.R. 10 KM RUN cont'd

MEN 30 - 40

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Don Pridmore	1	1	34:18
John Edwards	2	2	34:27
Ron Frid	3	4	34:46
Donald Campbell	4	6	35:50
Brian Dunn	5	11	39:56
Dave Manovill	6	12	40:47
Harvey Bernard	7	18	43:09
Bernie Bergen	8	22	44:04
Bob Gray	9	23	44:05
Ron Herbert	10	25	45:10
Brian Bradley	11	26	45:18
Albert Mosher	12	30	47:05
Ted Brown	13	33	48:28
Bill Mosher	14	34	48:36
Jim Baillie	15	35	48:58

MEN 40 & OVER

Stew Freeman	1	8	38:53
John Derry	2	10	39:47
Don Moffett	3	13	41:05
Mike Sullivan	4	14	41:17
Linnell Edwards	5	15	41:39
Wayne MacFarlane	6	20	43:59
Doug MacNevin	7	27	45:26
Roy Matheson	8	36	49:10
Paul Steele	9	39	53:55
Roger Gillis	10	40	53:56

A L E T T E R F R O M O U R U P P E R C A N A D A S C O U T

35 Charles Street West, #308
Toronto, Ontario
M4Y 1R6

Dear Learned Scribe:

I just knew that everyone down there on the Island would just be dying to find out whether I had learned anything up here in Upper Canada. I figure that I've been here long enough to pass on some observations on the running scene up here that are revelations to me but probably old hat to some of you with closer associations to the U.C. running scene than me.

The races up here are almost all profit-making ventures. In the Toronto area, there seem to be three types. First you have a few showpiece runs like the Miller Toronto Marathon which are run to showcase the sponsor. By the way, this marathon was great this year as the organization, field and service to the runners gets better and better. The commonest kind of runs are those operated on behalf of a charity. Commercial sponsors are obtained to cover costs of the race such as awards and one of the local running clubs (T.O.C., Longboat, etc) is hired to operate the run, so most of the entry fee (they seem to run around \$8.00) goes to the charity involved while the running club gets about \$1.00 per runner. The size of most races range from 1,000 - 5,000 runners.

The last type of race is the club money-maker. Most clubs have one or two of these every year and they not only get the club share, as in a charity race, but also the charity's share too. Clubs usually plan on clearing \$5,000 - \$10,000 on one of these runs. One of the good aspects of these in the case of the Longboat Club is that none of their own members are allowed to run in their club run so they are all out to help. In addition, they have a system of labour dues that you must pay each year in addition to your club dues. In other words, you must help at X number of club functions. Financial dues are about 10 times higher here by the way (but the newsletter comes out monthly and not with the assistance of Sport P.E.I.).

I've been training with the Longboat Club (10 miles on Wednesday night and 20 miles on Sunday morning) and there are a number of interesting aspects to the club's operation. They only open membership once a year on a first come, first served basis until their membership reaches some magic number. Upon joining the club or at any time thereafter, you can indicate to the secretary that you want a coach and other members who have indicated that they want to coach are assigned. This system has been good in providing guidance, particularly to new runners, and keeping down the number of frustrated would-be coaches. It has been successful on the elite side as Longboat runners now hold at least four of the top 20 women's positions in Canada. We saw Sharon Crawford on the Island this summer but she was only one of them. Sharon was third at the recent Avon Half Marathon in New York while another Longboat runner, Susan Stone, won the race. But the system seems to be equally effective for the 45 year old plodder as anyone can get a coach.

After their two weekly runs, the Longboats socialize (beer on Wednesday night and brunch on Sunday) and once a month, they have a meeting in conjunction with the Wednesday run.

Anyways, I thought these jottings might be of interest to some small minority of your readership. Remember - "Buy Brooks!"

Good Running

Jim

P.S. After P.B. in the Marathon, I P.B.'d in the Toronto International 10 Km eight days later (35:15) and did it again six days later at a 10 Km in Sunnybrook Park (34:31). In that last race, I was 43rd of 900 runners and sixth Master. I didn't feel too bad because Bob Moore was 23rd and third Master. Good competition!

M Y F I R S T M A R A T H O N, W H E N

When the gun goes off and thousands cheer, You know its all been worth it;
When twelve thousand souls move toward the goal, You know its all been
worth it;
When the people yell, "C'est beau! Bravo!", You know all the miles have
been worth it;
When halfway there you hit your stride and run with ease, You know all
the training was worth it;
When your spirit soars and you move to the cheers, You know all the miles
have been worth it.

With six k's to go, and fatigue sets in, You wonder, "Has it all been
worth it?"
Now your pace has slowed and the end seems endless, And you think, "Has
it all been worth it?"
And you think, "Has it all been worth it?"; When your feet drag and your
spirit sags, You wonder, "Will I ever make it?"

Then the end is in sight, the joy comes back; And yes, its all been worth
it!

- Paul Hickey

(Paul Hickey completed his first marathon on September 23, 1984 in
Montreal, Quebec)

S T R E T C H I N G

- Salam Hashem

Stretching can both prevent and cause injury. Here is how it prevents injury. When you exercise, your muscles are injured slightly. When they heal, they shorten, and short, tight muscles are more likely to become injured.

Here is how stretching might cause injury. If you stretch your muscles before they are warmed up, they are more likely to become injured. By warming up, you can increase the muscle temperature by as much as 2°. This makes it more pliable and resistant to injury.

If you stretch too rapidly, this causes a signal to be sent from the stretched tendon back to your spinal canal. The signal then passes back along the nerves to the muscles that cause it to contract. If the muscle contracts involuntarily while you are stretching, it is more likely to tear.

From the
"...and you think we've got trouble here
getting press coverage" department

On Sunday, Sept. 9, The Brooks 10k Road Race was held in the City of Toronto.

Some 2,000 runners participated, accompanied by, I would venture to say, double that number of spouses, friends, children and parents.

The event was, by any measure, a huge success.

Upon examining The Globe and Mail on Sept. 10, I was delighted to learn that in Group 8 of the Italian Cup qualifying, Arezzo tied Casertano at 1. I was enchanted, having waited with bated breath, to learn that in the Cadbury Cup in the girls under 12, Scarborough United defeated Wexford 3-1 (although I am not quite certain what sport that was in) and, most important, that there was a cataclysmic defeat of Louisiana Tech by South West Louisiana in Small College Football, 17-16.

However, try as I might, I was not able to determine, after extensive perusal of your voluminous sports pages, who, in fact, had won the major road race above noted, taking place in, of all places, Toronto, Canada.

A hell of a way to run a country.

Marvin Horwitz
Toronto

ROAD RUNNING REVIEW

Spreading the Science of Road Race Management

by **Sharon Clayton**, Special Projects Manager, CTFA

"The art of Road Race management has become a science today. The runners of the 1980's are demanding higher quality events for their valuable dollars. This demand has forced both the amateur and the professional race director to produce better events. This includes providing certified courses, well-maintained race routes, accurate and complete race results, and a total commitment to the well-being of the participants."

David Katz, TAC Road Running Technical Committee.

measurement over the 5 kilometre distance and the total distance of 10 kilometres. Upon analysis of the results the sub-committee will try to determine the relative consistency between the measurements within themselves and in comparison to others.*

The theoretical portion included an examination of the proposed road course measurement and road course calibration procedures and measuring reports. These documents are in draft form and, based on the feedback the sub-committee received at the clinic, we will proceed to develop a second draft to be reviewed by all road course measurers and certifiers for their consideration.

A video tape review of the ideal line of running was used primarily to determine if this method is acceptable as part of the examination procedure for road course measurement.

Other important areas discussed were the certification process and the proposed criteria for the grading and/or upgrading of road course measurers and certifiers.

The clinic provided the forum for the exchange of ideas and information sharing amongst some of the best road course measurers in this country. As a result of the clinic the CTFA now has the necessary foundation from which to build our network for road course measurement and certification. For these reasons I feel the clinic was a tremendous success.

The sub-committee is now hard at work compiling as much relevant information as possible on all measurers and certifiers across the country, so they will be able to make the appropriate recommendations to the National Officials Committee regarding the grading and/or upgrading of road course measurers and certifiers across Canada.

On a more personal note I wish to extend my thanks to all participants at the clinic. Your knowledge, expertise and your willingness to share information not only contributed greatly to the overall success of the clinic, but your interest and enthusiasm will undoubtedly enhance the development of road course measurement and certification in this country.

More and more race directors have recognized the need for well measured courses. It doesn't matter if it's a fun run or a national championship, runners of all abilities care about their time and monitor their progress through these events. For this reason, the accuracy of a road race course has become a very important question in the conduct of road races.

The Run Canada Division of the CTFA also recognized this need and, as a result, a National Road Course Measurement & Certification Clinic was held in Ottawa on July 21-22, through the co-ordination of myself and the financial support of Fitness Canada.

The purpose of the Clinic was to standardize the work done by all the existing measurers and certifiers across the country; to improve the measuring and reporting of important road race measurements; increase the number of people on the road course measurement and certification sub-committee; to bring the Canadian system for Road Course Measurement and Certification to an acceptable international level and to encourage more people to measure and certify road race courses.

Prior to the clinic, only Gabriel Duguay and Norm Patenaude (and a few others) knew the latest U.S., British, and IAAF Rules governing road course measurement and certification. Only Gabriel and Norm are recognized by the CTFA to certify national and international road race courses and they are presently the only individuals on the Road Course Measurement & Certification Sub-committee as both Co-chairmen.

Invitations were extended to all provinces and they responded by sending their most qualified road course measurers and certifiers to the clinic. This positive response did much to enhance the quality of the clinic. In total 19 provincial representatives were in attendance along with Gabriel Duguay and Norm Patenaude, acting instructors at the clinic.

The Clinic's format consisted of a practical and a theoretical session on road course measurement and certification. The practical portion included a field test for the measurement of a 1 kilometre calibration course and the measurement of a 5 kilometre loop. The 5 kilometre loop was measured twice by each participant and statistics were collected for this 1st and 2nd



Back row: Wayne Fisher, Norm Patenaude, Gavin Will, Morris Aarbo, Jim Langen, Tony Craggs, Dave Yaeger, Bob Cook, Randy Bannister, Larry Lacroix, Gary Agnew.
Centre row: Ewen Stewart, Joe Bahagiar, Audrey Perra, Gabriel Duguay, George Hubbard, Dale Martin, Wendy Marcyniuk, Allan Finkel.
Front row: Sharon Clayton, Gord Caffery, Anne Wardlaw

FOR YOUR INFORMATION

Squires on Young Runners: Here's my two cents' worth on a very touchy subject. I was at a race during the hottest part of the summer, with the sole intention of watching. Believe me, it was 90 degrees and humid, and I didn't want to join in. But then I saw a little boy, 9 years old, starting the race. He obviously wasn't ready to be in that race on that day, and I was worried about him, so I jogged alongside him the rest of the way. I made sure that he took it easy and drank plenty of water, and together we made it through without any problems.

It disappoints me that this kind of thing continues to happen. Age-group running is a wonderful thing, but certain limits have to be applied. I don't think anyone younger than 16 should be allowed in 10-K road races. Make it 20 for marathons. Race directors shouldn't give numbers to people under these ages, or, if directors insist on keeping their races open, they should eliminate prize incentives for the youngest kids. Along those lines, newspapers and magazines should ignore children runners when they report race stories and results.

Age-group track is a great thing, and so are fun-runs. They're also a much better way of bringing along runners than are road races. I can't think of any young road racers who grew up to fulfill the promise they showed as kids. They're lucky enough if they can still stand the sport.

* * *

This article by Bill Squires, renowned trainer and author of several running books, appeared in the September issue of Runner's World.

Something to think about as Club members, parents and race directors.

Perhaps we could have an event geared to younger runners where they have an opportunity to run a distance that is right for them in a traffic-free location (e.g. Victoria Park)

- Eleanor Freeman

LATEST ON CLUB

SINGLET AND SHORT SETS

Plans to acquire Club outfits are finally coming together.

Two manufacturers have promised to send us samples in our very own Club colours. The shorts will be straight black or for those who prefer, a soft orange shade. The top will be white mesh with an orange nylon band and a black shoulder inset. Black will be used for the logo on the singlet front, and for the printing of P.E.I. Roadrunners on the singlet back.

We are anxious to see the sample! We are hoping to have it for the next Club meeting so everyone can have a look, and place their orders (just in time for Christmas presents!) More news on price, etc. as soon as we have it!

- Eleanor & Stew Freeman

WHAT ' S C O M I N G U P ?

TO: All Club Members

FROM: Your Executive

The following letter was received from the Queen Elizabeth Hospital. Attached is our reply. Parker Lund will be working on a fund raising project, so we should be hearing something soon.



QUEEN ELIZABETH HOSPITAL

RIVERSIDE DRIVE - P. O. BOX 6600
CHARLOTTETOWN, PRINCE EDWARD ISLAND, C1A 8T5

TELEPHONE (902) 566-6111

FRANK J. MACDONALD
BOARD CHAIRMAN

KENNETH W. EZEARD
EXECUTIVE DIRECTOR

May 30th, 1984

Mrs. Rosemary Faulkner
President
P.E.I. Roadrunners Club
6 Rowan Court
Southport, P.E.I. C1A 7E2

Dear Mrs. Faulkner:

Please allow me to introduce myself through this letter. I am the Fundraising Manager at the Queen Elizabeth Hospital. Having known some members and some of the past activities of your club, let me congratulate you on your excellent organization and the fine contribution the Roadrunners have made to running on the Island over the past few years.

Perhaps now, I'd better get right to the point. Having just returned from visiting various hospitals in Ontario, I became aware of many programs sponsored by running clubs, swim clubs and other sports groups there to support Sports Medicine and Physical Medicine in their community hospitals.

Perhaps you are not aware that government no longer provides funds for new equipment or replacement equipment in Island hospitals. This policy effects all equipment from really sophisticated pieces to simple inexpensive ones which wear out regularly, and which we need to operate on a daily basis. The hospital now has no source of income to purchase equipment other than community donations.

There is one particular piece that we desperately need in Physical Medicine. It is a Therapeutic Ultrasound which uses high frequency sound waves to give a heating therapeutic effect on soft tissues. It is used to break down scar tissue in tendons and loosen joint capsules. By improving circulation through this heating effect, it promotes healing.

.... / 2

Mrs. Rosemary Faulkner

- 2 -

May 30th, 1984

Janet Rogers, our Physiotherapy Manager tells me that next to the moist heat, it is their most widely used therapeutic tool and overall, it is the most used piece of equipment in the department.

The hospital did have three older and now outdated Therapeutic Ultrasounds. Now we are depending on one, and it is on its last legs. The newer models have been fine tuned considerably. They are smaller, lighter and now about half the price of the older ones. We have quotes from two companies. One sells for \$1,495.00 and one for \$1,595.00.

It has not been the regular policy of the Queen Elizabeth Hospital to be so direct in asking for money. However, because we need this item so badly, and because I am a little bit familiar with some of the past humanitarian endeavors of your group, I have taken the liberty to offer this project to your club for consideration, over any period of time.

Janet tells me that serious runners are very good at keeping themselves in good shape. However, some long distance runners do have problems with tendonitis and could benefit from the equipment.

I would be happy to provide you with any additional information or to give you a tour of our Physical Medicine Department. You might even think of arranging a meeting in our cafeteria before or after.

In closing, please don't feel obligated in any way to accept this request. We are aware that fundraising is not the main purpose of the P.E.I. Roadrunners Club.

But you might see this project as being excellent public relations for the club, and it might blend in very well with your overall purpose. The hospital would be pleased to put a plaque on the wall recognizing your efforts.

Thank you for your consideration, and I look forward to hearing from you. Best of luck with the Roadrunners this summer.

Sincerely,

Jean Doherty
Manager
Development & Public Relations

c.c. Elizabeth Reagh, 1st Vice-President
Board of Trustees

Janet Rogers
Manager, Physiotherapy

JD/st

ON THE RUN

- Rosemary Faulkner

There is a new title this newsletter for my column because there appears to be as many males as females reading it and because we are such a progressive club that a title change is required.

This month's article was going to be about an extensive survey I conducted this summer on socks, but recently I was requested to do one on winter running gear, so being as flexible as I am, I will do it on winter running gear.

We are now into what is for me the most enjoyable and comfortable time of year to run because, you see, I like to run bundled up and not half naked! Running in colder weather presents only a few extra problems over running in the summer months and the weather change is no reason to stay inside. Running generates tremendous amounts of body heat, and with appropriate clothing, you can stay warm even when it's below freezing. Check the temperature and wind direction and speed before you start your run. Try to run initially into the wind and then run with the wind coming home. The reason for this is that even in the coldest temperatures almost everyone begins to sweat if he or she is adequately dressed. If you run away from the wind first, when you turn into the wind, you will have not only a 20-30 degree temperature drop to deal with, but also the cooling effect of sweat evaporating rapidly, a condition that can be uncomfortable and even dangerous. Furthermore, the end of a run, when fatigue sets in, is not the time to be fighting a brisk wind and below zero chill factors.

What to wear in cooler running weather varies with each runner. Someone like Parker Lund looks like the "Incredible Hulk" during the winter as he wears lots of layers. Ewen Stewart wears shorts and tights as long as he can. My running wear varies with the temperature because I like to start off really warm and take clothing off as I go. The layer closest to the body should be soft and absorbant and for many, this is "Lifa" underwear (top and pants) or a set of one-piece Stanfields. As late into the season as possible I like to wear tights that end at the ankle. The only trouble with these is that they rub on sweatpants and you feel like your legs are lead weights. For outer layers, woolens are ideal. A sweatshirt and pants over a T-shirt and underwear should suffice for above zero days.

I like to wear a cotton hat over my ears and a pair of co-op white or brown cotton gloves (less than \$2). Only on really cold days do I wear woolen mittens because I always end up carrying them anyway.

For below zero days, wear a hat with a tight fold-up brim, woolen or natural fibre mits, turtle neck, long underwear, outerwear to block the wind (breathable nylon, gortex, nylon-knit wear), extra socks, and sometimes a face mask for really windy days works great!

Because sunlight is at a premium during the winter, make sure your clothing has reflective tape on it so you can be seen by cars. As well, make sure you use Vaseline on your lips and face to help prevent against frost bite. It helps if you are wearing a windsuit and long johns and an extra pair of underpants to prevent frost bite on the unmentionables as well.

What am I wearing this winter? Well, I am wearing Lifa underwear, a nylon running suit, one pair of socks, a tight touque with a turn-up brim, woolen mits with no thumbs that are reinforced with mylon and have extra long cuffs. On really cold days, I will wear an extra pullover sweater with a V-neck over the Lifa and that's it!

Winter also brings special road problems and therefore, take a look at your shoes. Shoes for running on ice and slush should have good traction. Flat soled shoes are not good for winter running. Soles like the new Brooks Chariot, Super Villanova, Nike Daybreak, Addidas Marathon are good on ice. Some of the New Balance soles are not good on snow.

Remember your road rules in winter - run toward traffic and be prepared to stop and step into an adjacent snowbank.

Winter can be the most enjoyable time of year to run but remember that the fingers, toes, face and ears are at greatest risk. Because numbness is an early symptom, the runner may not recognize the problem. If there is any question of impending frostbite, seek immediate shelter and warmth. Initially the skin will look white, but as rewarming occurs, it becomes red, swollen, and may be painful.

Lastly, plan shorter runs on cold days. Be prepared to alter your stride and slow your pace. Do not run in a heavy snowstorm, an icy rain, or on icy roads even it if means missing a day or two!





highlights

CANADA'S RUNNERS AND JOGGERS: A MASSIVE MOVEMENT

A whopping 5.3 million Canadians, or 25.8 percent of the population over the age of 10, reported themselves as runners or joggers according to the 1981 Canada Fitness Survey! Of these, about half can be considered a fairly committed group that heads out for at least two or more running occasions per week for a minimum of two to three months per year.

At 56 percent of the total, male participation exceeded the 44 percent participation rate of females. The observations that nine out of ten runners and joggers are under age 40, and also that 57 percent of all runners are single, suggest that it is an activity that appeals mostly to the young. However, of those participants in their 40's, a higher proportion are "enthusiasts" than any other age group.

While not shown in the table, all participants classified as "enthusiasts" have the highest proportion of earnings over \$35,000 per year and more of them hold one or more university degrees. "Infrequent" participants were generally observed to have lower incomes and education levels than any of the other groupings.

In terms of participation, jogging and running are volatile activities. They have the highest annual activity drop-out rate at 12 percent (*Fitness and Lifestyle in Canada*) while at the same time they appeal to over 1.7 million Canadians who want to take them up (HIGHLIGHTS #13). Thus, for what appears to be a massive and self-regulated movement, jogging and running could pose special programming challenges to fitness leaders who want to develop and maintain contact with participants.

The Canada Fitness Survey was conducted between February and July 1981 and involved questioning some 22,000 Canadians 10 years of age and over, as well as fitness-testing over 16,000 individuals from 7 to 69 years of age. Findings are published in detailed reports and these HIGHLIGHTS sheets, which are available upon request.

JOGGING OR RUNNING: PARTICIPANT PROFILES
Age 10+, Canada, 1981

Age	Sex	Participants ¹ '000 (est.)	Type of Participant ²			
			Infrequent	Occasional	Regular	Enthusiast
10+	Total ³	5,346	57%	19%	15%	16%
	Male	2,992	54	19	16	18
	Female	2,354	61	19	13	14
10-19	Total	2,349	60	21	15	16
	Male	1,192	60	20	16	17
	Female	1,156	61	22	15	15
20-39	Total	2,437	56	18	14	15
	Male	1,434	52	19	16	17
	Female	1,003	63	17	12	12
40-49	Total	367	48	19	16	20
	Male	257	44	<10	<10	<10
	Female	110	56	<10	<10	<10
50+	Total	194	<10	<10	<10	<10
	Male	<110	<10	<10	<10	<10
	Female	<110	<10	<10	<10	<10

1. Represents a single count in cases where jogging and running were reported by the same individual.
2. See HIGHLIGHTS No. 26 for definitions.
3. Sum of row percentages exceeds 100 to accommodate those who reported different frequencies for both jogging and running.



MEET & GREET ***** MEET & GREET ***** MEET & GREET

MEET & GREET ***** MEET & GREET ***** MEET & GREET *****

Do you know Rosemary? How about Ewen? Yes?
Well how about Doug, Mike, Roger, Carolyn,
Janet, Marina or Dianne? If you cant't answer
YES to all those names and more, then you should
come out to our Meet & Greet. New Roadrunners -
Old Roadrunners - Future Roadrunners - All Roadrunners
are urged to attend our meeting/social gathering on
Tuesday 27 Nov 84 at 7:30 PM at the West Royalty
Fitness Center (SPA). A special guest speaker will
be in attendance. The topic is guaranteed to be of
interest to all Roadrunners.

MEET & GREET ***** MEET & GREET ***** MEET & GREET *****

MEET & GREET ***** MEET & GREET ***** MEET & GREET

UPCOMING MARITIME RACES

Nov.	*17	Canadian Team Cross Country Championships, Jr./Sr. Divisions, Moctaquac Park, Fredericton	Salam Hashem 894-9925
	*18	St. Andrews Day ½ Marathon 10:00 am, Middleton	Malcolm MacKenzie 825-4304
	*25	Annual Mug Run - 5 Miles 10:00 am, St. Mary's Stadium, Halifax	Aerobics First 423-1470

* * W E L C O M E T O O U R C L U B * *

The P.E.I. Roadrunners Club would like to welcome the following runners. Some are new to running, some are new to P.E.I.! Happy Running on P.E.I.!

Ann Scott

Ann was born in Lancashire, England. She recently came to P.E.I. in July, 1984 on a Teachers Exchange Program for one year. She started running at an early age, specializing in the 100 meters distance. Ann then moved from Track & Field to Roadrunning. She is adjusting to the lifestyle on P.E.I. and looks forward to meeting other runners and having a great time while in Canada.

Karen Mellish-May

Karen is not new to P.E.I. as she came here six years ago but she is new to running. She started running about six months ago and by the sounds of it, is enjoying every minute of her running. She got into running for the fun of it but now enjoys the challenge of going those longer distances. She enjoys meeting other runners and hearing about all those pains that she thought only she was having!

Brian Dunn

Brian was born in Toronto, Ontario. He is a graduate of Western University. While at Western, Brian was a linesman with the university football team. After his football days, Brian got into running to try and lose some of those 230 pounds needed to be a linesman.

Brian and his wife Cathy moved here on July 9, 1984. Brian was transferred to P.E.I. as Branch Manager of McLeod Young Weir, an investment brokerage firm. Brian is definitely enjoying running here on P.E.I., as he just recently got his personal best at the Halifax Marathon in 3:18:28.

- Don Harley

S P R I N T S A N D I N T E R V A L S

There has been a lot that has happened since our last Newsletter, so here are a few of the tidbits we have managed to pick up.

* * * * *

As Jim Wyatt put it, we have quite a number of runners who like to run away. Island runners have graced many mainland races with their presence in recent months. Harvey Bernard, Brian Bradley and Al Swim very much enjoyed the Nova Scotia Marathon in the Barrington Passage area this summer and highly recommend that race. Harvey posted a 3:11 personal best while Brian barely lost a struggle to beat the 3:30 barrier. Spencer Campbell and Carl Phillips ran the New Brunswick 20 Kilometre Championship as a warm-up to the Canadian Championship in P.E.I. Our hearty congratulations to Spencer who captured the junior championship (under 20) at that event. Stew Freeman led a contingent of Club members at the Montreal Marathon with a 3:04:57 (an amazing consistency of fine marathons for Stew). Ken Campbell had one of his best marathons in Montreal with a 3:31:55. As you have read, Paul Hickey, now a resident of Sept. Iles, completed his first marathon. Unfortunately, Ron Frid and Paul Mullin tested out the Chinese Restaurant Syndrome in Montreal and found out a lesson of what not to eat before a marathon. Gutsy runners that they are, though, they both finished. Paul Wright also gutted out a difficult run at the Atlantic Autumn Marathon in Oromocto. Dave Edmond's article provides the results of the Island runners there. Most Island runners at the Halifax Marathon and Half Marathon had excellent runs. Brian Dunn set a new PB of 3:18:29 in the marathon and Brian Bradley finally broke the 3:30 barrier with a whole three seconds to spare! Gary Hilton ran a PB in 3:44:08. Marlene Costain placed as the second female overall in the half marathon in 1:24:57 (ask Marlene how come she had so much trouble beating someone resembling a cross between Loni Anderson and Dolly Parton). Don Pridmore finished eighth in 1:14:01, Jake Baird and Wayne MacFarlane tied at 1:40:07 (nice tights!), Wayne Long ran a 1:41:18 and Janet Bradley (1:59:34) was sandwiched between Spa regulars Hazel Gallant and Barb Phillips. Meanwhile, up in Longboat country, Jim Wyatt was running a PB of 2:42 in the Toronto Marathon (trying to keep up with the youngsters).

* * * * *

We don't have any results, but the runner who travelled the furthest this fall was Ewen Stewart. We hope that you and Margaret had a great time in Europe!

* * * * *

There was a nice touch to the Terry Fox Run in Summerside when Don and Spencer Campbell ran together to lead the way. Doug Jones led the Charlottetown run.

* * * * *

Speaking of Spencer, once again we congratulate him on his win in the provincial schools cross country championship held in October. He was followed by two familiar faces to Club members - Shawn Jay and Marc Brittain.

* * * * *

We are happy to hear that Mona Clay is well on her way to a full recovery after undergoing an operation in Halifax for the removal of a benign tumor from her back. Best wishes for a speedy recovery, Mona, from all the Roadrunners! Hope to see you soon at Camper's City.

* * * * *

One of our favourite stories of the summer was one from a Charlottetown runner who was out on one of those hot summer days, shirtless, sweating profusely as he headed around Victoria Park. From under the shade of a tree came a middle-aged tourist, cigarette in hand. "Excuse me," she said, "do you have a light?" Our friend muttered a quick "sorry", took five steps and almost collapsed to the pavement in laughter.

* * * * *

Don Pridmore reports that he happened to be sitting in a group at a race in Hamilton this summer that included the winner of one of the age categories. Now this was one of those infamous Upper Canadian money races in which the age category winners received \$100.00. Of course, as amateurs, the money can only be used for training purposes or running-related expenses. In fact, the cheque came with a listing of the permissible uses. The winner was somewhat startled when she read that one of the uses could be "medical treatment or psychotherapy." We've heard that running is mentally demanding but we didn't know that runners needed help.

* * * * *

Congratulations to one of our Roadrunner of the Year recipients, Judy Hiscott, who tied the knot this summer with Vic Helps. Best wishes!

* * * * *

On the sadder side of things, we have recently had to bid adieu to several of our good friends who have left P.E.I. for other destinations. Jim and Lorraine Wyatt, of course, have gone to that great land of Upper Canada where Jim is finding that the phrase "paper chase" means something different than getting race certificates. Gary and Joan Hilton will be closer by in Dartmouth, N.S. ("stop in anytime!") where Gary will be keeping the streets of metro Halifax safe for decent folk like runners. Don Blane, meanwhile, has been transferred to B.C. so that he can help make a few runners out there independently wealthy through investments. Leon Berrouard is taking a year off in the United States and Margaret MacDonald is in Quebec for a year in case we decide to publish the Newsletter only in French.

* * * * *

We lose some, we gain some. We are pleased to welcome Eric and Marion Manual and family back to the Island after several years in New Brunswick. Eric is one of the elders of the Club having been active in it during the late 1970's.

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* * * * *

The Executive of the Club, and in particular the Canadian 20 Km Championship Committee, would like to express a special thank you to Beth Brothers for her enormous contribution during the summer. She sure took a load off our shoulders. And, what the heck, let's also thank Employment and Immigration Canada for making the Canada Works project possible and for their great co-operation. Believe it or not, government people can be very helpful at times (ask any unbiased source - like the editor).

* * * * *

Looks like the bottom-of-the-page syndrome has struck. Thank you everyone who contributed items to this edition. Please feel welcome to drop in items you would like to have in the Newsletter to Sport P.E.I.

The Editor's Last Note: Well, it was at the bottom -of- the -page when we wrote it!

EDITOR - Don Pridmore

PRODUCER - Janet Doiron

Happy running,

PRODUCED BY SPORT P.E.I.