



FROM THE EDITOR

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EDITOR'S NOTE: We originally set out to publish a regular edition of the Newsletter, but some items couldn't wait so we have put together this "mini-edition". Our more regular format will return with the next edition, probably in the Fall.

Many things have come to pass since I last sat down to write From the Editor. Among them, Steve Fonyo completed his Journey for Lives, Eleanor and Stew Freeman founded the Sportspeople for Africa Fund and Salam Hashem, accompanied by Paul Wright, raised funds for MS through the 1985 Ernestine Flynn Memorial Run. These were each very special events involving special people. It is one thing to feel the need for action against the infidels of cancer, hunger and MS, and yet another to financially support the fight against them, but it is a much bolder action to actually lead in the fray by launching a counter offensive. The song says that tears are not enough. Without the blood and sweat of people such as Steven, Eleanor, Stew and Salam, the cause of humanity would be poorer not only in finances, but also in conscience and inspiration.

We have seen running used, on many occasions, as an expression of conquest against the forces of distance, terrain and the limits of human endurance. As a runner, there is something intriguing to me in how this form of activity has been used to play out the drama of individual struggle to represent our capability to achieve greater goals. There are few acts as basic to the human soul that proclaim that we are strong and that we can overcome.

It is interesting that running enjoyed a great period of growth during a period when people looked inside themselves for challenge. The "Me Generation" of the 1970's had no wars, no depression, no great social unrest. The boundaries to be expanded were within oneself. Today, running is a favoured sport of the "yuppies" and is tainted with the image of being part of their legacy. Among their many status symbols are just the right running shoes (which need not be used to run in). There is little credibility, then, in overly endowing running with mystical qualities. Still, in whatever way running and runners are perceived, there remain the examples of those who have used it to uplift our spirit and to make this a better world. People who seem ordinary in most ways have found that one special element in running to reach out to others. It is good to know that running can do this, not just for those seeking the right shoes and sleek bodies, but also for those who need dreams and hope.

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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Standings as at July 1, 1985 including the Summerside Mardi Gras, Bedeque Spring Tune-Up, Dairy Queen Bunny Hop, Campers' City, Brothers Two/Quality Inn, McDonald's, and Seaman's Beverages - seven events. The standings show runners with 20 points or more.

FEMALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Marlene Costain	176	6
Dorothy Gregory	153	6
Eleanor Freeman	130	6
Helen Flynn	115	5
Karen Mellish-May	85	5
Marina Fay	74	4
Sandra Anderson	51	3
Rosemary Faulkner	51	3
Rosetta Bernard	45	3
Myrtle Jenkins-Smith	40	2
Judy MacLean	32	2
Janet Bradley	28	2
Natalie Clark	23	1
Louvina Edwards	23	3
Doris MacPhee	21	1
Mary Rossiter	21	1
Susan Rogers	20	1

FEMALE - AGE GROUPS (TOP 3)

<u>18 - 24</u>	
Doris MacPhee	21
Mary Rossiter	21
Susan Rogers	20
<u>25 - 34</u>	
Marlene Costain	176
Dorothy Gregory	153
Karen Mellish-May	85
<u>35 - 39</u>	
Helen Flynn	115
Rosemary Faulkner	51
Rosetta Bernard	45
<u>40 &amp; OVER</u>	
Eleanor Freeman	130
Louvina Edwards	23

MALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Ron Frid	159	6
Philip Easter	141	5
Paul Wright	115	5
Don Pridmore	111	5
Salam Hashem	107	6
Peter Kittilsen	96	5
Curtis DesRoche	92	5
Stew Freeman	80	5
Randy MacNeill	65	4
Dave Manovill	63	5
Shawn Watters	63	3
Don Campbell	60	3
Brooke Gregory	60	5
Tony Isaacs	60	4
Brian Dunn	49	5
Arnold LaMarsh	47	4
Carl Phillips	47	3

MALE - AGE GROUPS (TOP 3)

<u>17 &amp; UNDER</u>	
Curtis DesRoche	92
Ron Lund	42
Darren Poirier	35
<u>18 - 24</u>	
Philip Easter	141
Randy MacNeill	65
Shawn Watters	63
<u>25 - 34</u>	
Paul Wright	115
Don Pridmore	111
Dave Manovill	63
<u>35 - 39</u>	
Ron Frid	159
Peter Kittilsen	96
Don Campbell	60

SUN LIFE GRAND PRIX SERIES

cont'd

MALE - OVERALL cont'd

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Ron Lund	42	4
John Derry	41	5
Ewen Stewart	40	3
Darren Poirier	35	2
Mike Sullivan	32	6
Harvey Bernard	31	6
Doug MacMurdo	24	5
Colin MacAdam	22	2
Doug MacNevin	22	6
Jake Baird	21	3
Spencer Campbell	21	1
Linnell Edwards	21	4
Barry Kneabone	20	2

MALE -AGE GROUPS(TOP 3)40 - 49

Salam Hashem	107
Stew Freeman	80
Arnold LaMarsh	47

50 & OVER

Ewen Stewart	40
Mike Sullivan	31
Colin Easter	6



# SPORT NEWS

**SPORT**  
E.I. **NEWS**

VOL. 9 NO. 2

— A SPORT P.E.I. PUBLICATION —

JUNE 1985

## RACE LAUNCHES RELIEF FUND



*Over twelve hundred dollars has been raised for African relief as a result of sporting events held in Prince Edward Island recently. It all started in early May with the creation of the P.E.I. Sportspeople For Africa Fund.*

(Story page 2)

# AFRICAN FAMINE

## ISLAND SPORT RESPONDS

People the world over have been moved by the tragic plight of our fellow man in Africa as support continues to grow in an effort to relieve the starvation there.

In Canada alone financial contributions have come from organizations large and small, while various forms of fund raising projects are being held in communities across the country.

Prominent musicians and singers grouped their talents in the creation of fund raising records for the cause, and here in Prince Edward Island, sport has entered the scene.

The brainchild of P.E.I. Roadrunner members Eleanor and Stew Freeman, the "P.E.I. Sportspeople For Africa" fund was created through the Red Cross Society to accept funds raised through sporting events held on the Island.

It all started with the annual Campers' City Five Mile Run, a race co-ordinated by the Freemans. Through the co-operation of the sponsor, it was first announced that half of the registration fees derived from the race would be donated to the newly created fund. Eleanor Freeman explained, "just as people from the entertainment field showed the extent of their concern, we too, as sportspersons, can respond in a meaningful way to this vital cause."

The concept was endorsed by Sport P.E.I., and Executive Director Don LeClair stated, "the idea simply provides an opportunity for Island sportspeople and sport groups to use existing and/or new activities and events as a means to generate funds to assist in the relief of the famine in Africa. This appears to me to be a worthwhile and painless means by which we can unite our activities with the hardships of others in the world."

The campaign continued to gain momentum as Brooks threw its support behind the Campers' City Run, enabling one hundred percent of the entry fees to go toward the fund.

As the race date arrived, a late spring snow storm forced postponement by 24 hours. However, the re-scheduling certainly did not dull the enthusiasm of the participants as a record 120 runners turned out on a sunny Sunday afternoon.

The result was over \$500 raised for African relief and Don LeClair, who was the official run starter, expressed his satisfaction at the response. He urged all the participants to carry the message back to other organizations who might help the cause through their events.

The impact of the kick-off event carried over to the following week when a sponsor was acquired for the Athena Seven-Mile Run. The backing of the East Coast Gym in Summerside allowed the fund to receive all proceeds from the race registration.

As word of the Island Sportspeople for Africa Fund continued to spread, the organizers of a softball tournament announced their support of the cause.

The first Foley's Transfer Invitational Slow Pitch Tournament attracted twelve teams and raised \$250 for African relief. Team sponsor Joe Foley contributed another \$50 on behalf of the company.

P.E.I. Red Cross Commissioner Jim Bentham confirmed following that event in mid-June that the P.E.I. Sportspeople for Africa Fund total had reached \$1,228.41, and he praised the response of Islanders involved in sport to the famine relief campaign.

The need continues and Sport P.E.I., through a memo from Executive Director LeClair, has urged its member sport bodies to become involved.

Although surprisingly simple, the concept creates an effective way to generate these desperately needed funds.

If we unite as sportspeople we **can**, as the song says, bridge the distance and make a difference. An example set on P.E.I. could not only give new meaning to our sports enjoyment, but also could serve to inspire sport bodies in other provinces to respond in a similar way. Our active involvement in this humanitarian effort will give sportspeople the image of **caring** people.

### CAMPERS' CITY RUN

A SPECIAL THANKS TO OUR SPONSORS AND THE MANY VOLUNTEERS WHO HELPED TO MAKE THE PILOT EVENT SUCH A GREAT SUCCESS. ALSO TO THE RECORD NUMBER OF ISLAND RUNNERS WHO SHOWED THEIR SUPPORT (119 REGISTERED + 1 FROM 'AWAY') SOME WERE UNABLE TO MAKE IT DUE TO THE 1 DAY SNOW STORM DELAY! REMEMBER!?

WE WERE PLEASED TO HAVE DON LECLAIR, EXECUTIVE DIRECTOR OF SPORT P.E.I. AS OUR OFFICIAL RUN STARTER.

WE GRATEFULLY ACKNOWLEDGE THE CONTINUING SUPPORT OF SPORT P.E.I. FOR THE "P.E.I. SPORTSPEOPLE FOR AFRICA" FUND.

ELEANOR & STEW FREEMAN

RACE RESULTS

CAMPERS' CITY FOUR MILE RUN

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West Royalty, May 5, 1985

TOP TEN MALES

1. Philip Easter	26:42	6. Curtis DesRoche	28:24
2. Ron Frid	26:59	7. Marc Brittain	28:32
3. Shawn Watters	27:36	8. Randy MacNeill	28:36
4. Don Pridmore	27:51	9. Darren Poirier	28:58
5. Peter Kittilsen	28:19	10. Salam Hashem	28:59

TOP FIVE FEMALES

1. Marlene Costain	29:48 *	4. Doris MacPhee	36:00
2. Dorothy Gregory	32:40	5. Susan Rogers	36:43
3. Helen Flynn	34:58		

\* New Open Female Record

FEMALES 17 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Dolly Bhatia	1	94	42:25

FEMALES 18 - 24

Doris MacPhee	1	59	36:00
Susan Rogers	2	63	36:43
Janice Stewart	3	81	39:32

FEMALES 25 - 34

Marlene Costain	1	12	29:48
Dorothy Gregory	2	33	32:40
Myrtle Jenkins-Smith	3	71	37:28
Marina Fay	4	83	39:40
Carol Craswell	5	87	40:21
Judy MacLean	6	88	40:23
Sandra Anderson	7	91	40:51
Hazel Gallant	8	92	41:43
Mona-Ann McKenna	9	93	41:46
Lorraine MacDonald	10	104	48:38

FEMALES 35 - 39

Helen Flynn	1	51	34:58
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FEMALES 40 & OVER

Eleanor Freeman	1	74	38:07
Louvina Edwards	2	105	49:11
Betty Gillis	3	106	61:20

CAMPERS' CITY FOUR MILE RUN RESULTS

cont'd

<u>MALES 17 &amp; UNDER</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Curtis DesRoche	1	6	28:24
Marc Brittain	2	7	28:32
Darren Poirier	3	9	28:58
Tommy Joe MacDonald	4	16	30:28
Ron Lund	5	17	30:29
Miles Pinsent	6	18	30:44
Sunny Bhatia	7	30	32:19
Randy Bell	8	41	33:34
Sandy Bhatia	9	42	33:51
Jason Cameron	10	53	35:18
Derek Anderson	11	54	35:28
Wayne Long	12	77	38:41
Shawn Mosher	13	95	42:52
Gerard Peters	14	97	43:23
Troy Fraser	15	101	47:13
 <u>MALES 18 - 24</u>			
Philip Easter	1	1	26:42
Shawn Watters	2	3	27:36
Randy MacNeill	3	8	38:36
Mike Porlier	4	27	32:02
Dean MacMillan	5	34	32:41
Nathan Stairs	6	36	32:54
William MacDonald	7	44	34:07
Barry Quesnel	8	47	34:18
Larry Buell	9	56	35:48
Daniel Renaud	10	66	37:02
James Garland	11	79	38:57
 <u>MALES 25 - 34</u>			
Don Pridmore	1	4	27:51
Tony Isaacs	2	11	29:34
John McAleer	3	15	30:21
Brooke Gregory	4	19	30:54
Phil Lutwick	5	20	30:55
Butch Postma	6	21	30:59
Lorne Carmichael	7	23	31:32
Dave Manovill	8	24	31:33
Brian Dunn	9	25	31:51
Paul Hanna	10	28	32:06
Eric Manuel	11	29	32:12
David MacDougall	12	35	32:44
Doug MacMurdo	13	38	33:03
Francis O'Donnell	14	43	33:58
Gerard Dowling	15	50	34:51
Joe Gillan	16	52	35:10
Roy Rodd	17	58	35:56
Blair Marriott	18	61	36:08

CAMPERS' CITY FOUR MILE RUN RESULTS      cont'd

<u>MALES 25 - 34</u>	cont'd	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Wayne Fraser		19	65	37:01
Kenneth Gaudet		20	67	37:03
Steve Stapleton		21	76	38:24
Brian McInnis		22	78	38:50
Jake Baird		23	83	39:40
Don Love		24	85	39:56
Don Gallant		25	86	40:11
Ed Fraser		26	102	47:15

MALES 35 - 39

Ron Frid	1	2	26:59
Peter Kittilsen	2	5	28:19
Harvey Bernard	3	31	32:29
Tom MacDonald	4	45	34:13
Doug Jones	5	48	34:22
Don Harley	6	60	36:06
Donald MacInnis	7	62	36:15
Albert Mosher	8	64	36:47
John McQuaid	9	68 T	37:06
David MacNeill	10	68 T	37:06
Tom Corcoran	11	75	38:21
William Mosher	12	89	40:43
Carl Doucette	13	90	40:46
Jim MacCallum	14	103	47:19

MALES 40 - 49

Salam Hashem	1	10	28:59
Arnold LaMarsh	2	13	29:50
John Derry	3	22	31:10
Lambert Pauley	4	26	31:58
Linnell Edwards	5	37	32:57
Parker Lund	6	39	33:04
Wayne MacFarlane	7	46	34:17
Ed Grant	8	49	34:46
Dave Darlington	9	55	35:31
Doug MacNevin	10	57	35:53
Kenneth Hicks	11	70	37:15
Lloyd MacCallum	12	72	37:41
George Woodhead	13	80	39:05
Jack Stewart	14	82	39:37
Foch McNally	15	96	42:59
Reg Peters	16	98	43:24
Ian Glass	17	99	43:35
Melvin Arsenault	18	100	43:36

MALES 50 & OVER

Ewen Stewart	1	14	29:58
Don Moffett	2	32	32:36
Mike Sullivan	3	40	33:19
Steve Labchuck	4	73	37:49



RACE RESULTS

QUALITY INN/BROTHERS TWO 10KM RUN

Summerside, May 25, 1985

File: May 25 85 10 K Page 1  
Report: All Over Report May 25 1985

Number	Time	First Name	Last Name	City	Age	Sex
145	32.29	Craig	Parsons	Halifax	21	M
63	33.34	Joseph	Fougere	Halifax	32	M
59	33.46	Philip	Easter	Sherwood	19	M
136	33.55	Leonard	MacDonald	Moncton	25	M
210	34.18	Ron	Frid	York	37	M
01	34.20	Jacqueline	Gareau	Montreal	32	F
77	34.36	Ray	Hannaberry	Halifax	40	M
110	34.59	Don	Fridmore	Charlottetown	33	M
52	35.01	Curtis	DesRoche	St. Eleanors	17	M
133	35.04	Don	Sexton	Eurera	28	M
53	35.05	Dale	Corkum	Louisdale	35	M
135	35.08	Gary	Soucoup	Moncton	24	M
92	35.13	Victor	MacLeod	Halifax	45	M
128	35.15	Donald	Campbell	St. Eleanors	37	M
109	35.28	Darren	Poirier	Summerside	16	M
37	35.33	Marc	Beaudoin	Moncton	27	M
141	35.35	Kyle	Hebb	Parrsboro	18	M
86	35.47	Peter	Kittilsen	Kensington	39	M
83	35.51	Jim	Hibberts	Mt. Uniacke	35	M
204	35.53	Tony	Isaacs	Summerside	28	M
40	35.54	Edward	Boudreau	Memramcook	31	M
02	35.57	Bonnie J.	LeFrank	Halifax	27	F
80	36.13	Salem	Hashem	Charlottetown	43	M
65	36.17	Stewart H.	Freeman	Bradalbane	46	M
137	36.30	Doug	Kelly	St. Pierre	30	M
10	36.35	Marlene	Costain	St. Eleanors	25	F
130	36.52	Edward	Lutes	Hunts Lake	38	M
140	37.21	Paul.	Leger	Haute Aboujagau	31	M
138	37.25	Michael	Landry	Moncton	19	M
123	37.27	James	Tucker	Fredericton	42	M
127	37.28	M. A.	Young	Halifax	28	M
87	37.30	Arnold	LaMarsh	Summerside	40	M
216	37.34	Wayne T.	Wright	Moncton	39	M
75	38.12	Brooke	Gregory	Sherwood	27	M
230	38.16	Ron	Lund	Mermaid RR#3	16	M
108	38.20	Carl	Phillips	Tyne Valley	39	M
229	38.38	Stephen	MacKinnon	St. Eleanors	17	M
200	38.44	Jacqueline	Maillett	Moncton	20	F
56	38.48	Omer	Dupuis	Memramcook East	26	M
58	38.52	Stephen	Dyer	Summerside	24	M
115	38.58	Leigh	Sentner	O'Leary	24	M
205	39.03	Michel	Poirier	Slemon Park	23	M
104	39.05	Kevin	Murphy	Riverview	35	M
05	39.15	Patty	Blanchard	Moncton	27	F
60	39.22	David	Edmond	Summerside	39	M
201	39.27	Charles	Babineau	Grand Digue	33	M
84	39.31	George	Hubbard	Fredericton	26	M
215	39.38	Sunny	Bhatla	Summerside	15	M
68	39.39	George	Gallant	Cap Pele	56	M
79	39.43	Michael A.	Harvey	Halifax	36	M

File: May 25 85 10 K Page 2  
Report: All Over Report May 25 1985

Number	Time	First Name	Last Name	City	Age	Sex
120	39.51	Mike	Sullivan	Bunbury	53	M
39	40.00	Harvey	Bernard	Crossroads	36	M
71	40.07	Michael	Gaudet	Summerside	32	M
61	40.17	Linnell	Edwards	Charlottetown	44	M
144	40.26	Jim	Burns	New Waterford	50	M
132	40.32	Harlna	Price	Summerside	40	M
89	40.53	James	Lythgoe	Fredericton	24	M
143	40.58	Gary	McLaughlin	Pictou	30	M
99	41.04	Don	Moffett	Charlottetown	51	M
113	41.29	Lawrence	Sampson	Dartmouth	30	M
22	41.32	Dorothy	Gregory	Sherwood	27	F
100	41.33	Gilles	LaPierre	Montreal	38	M
62	41.36	Curtis	Faulkner	Truro	54	M
126	41.42	Bart M.	Whalen	East Chezzetcook	24	M
96	42.29	Colin	McCabe	Jackville	54	M
107	42.33	Bill	Perry	Summerside	25	M
206	42.43	Gerard	Gauthier	Miscouche	22	M
147	42.44	Gary	Ewart	St John	36	M
131	42.45	Lawrence	MacInnis	Goldboro	64	M
46	42.50	John	Campbell	Dartmouth	39	M
66	42.51	Bert	Frizzell	Halifax	36	M
50	42.53	Don	Reeves	Summerside	50	M
149	43.01	Paul	Burnley	Summerside	23	M
55	43.13	James J.	Dranchak	Halifax	30	M
98	43.19	Lance	Miron	Charlottetown	45	M
224	43.22	Dean	Perry	Summerside	16	M
36	43.27	Rob	Anderson	Summerside	37	M
82	43.40	Roger	Hewlett	Summerside	25	M
139	43.41	Alphonse	Doiron	Cap Pele	49	M
47	43.43	Ron	Chambers	Summerside	40	M
101	43.44	Alber C.	Mosher	Charlottetown	35	M
81	43.45	Clem	Hennebury	Dartmouth	38	M
219	43.50	David	MacNeill	Charlottetown	38	M
16	43.55	Helen	Flynn	Sherwood	37	F
41	43.58	Ted	Brown	Southport	41	M
57	44.00	Jim	Duguid	Slemon Park	36	M
76	44.01	Chuck	Hann	Summerside	40	M
35	44.07	John	Allen	Summerside	25	M
90	44.16	Tom J.	MacDonald	Souris	39	M
45	44.18	Jason	Cameron	St. Eleanors	14	M
93	44.31	Douglas	MacNevin	Charlottetown	41	M
73	44.34	Arthur	Goodwin		34	M
49	44.44	Craig	Cooper	Charlottetown	16	M
95	44.50	Blair	Marriott	Charlottetown	28	M
12	45.05	Louise	Dube	Bathurst	22	F
30	45.06	Janet	Smith	Bathurst	29	F
103	45.13	Bruce C.	Murphy	Halifax South	31	M
11	45.16	Lori	Davies	Fredericton	24	F
08	45.37	Angela	Busch	Moncton	13	F
220	45.40	David	Darlington	Charlottetown	42	M

File: May 25 85 10 K Page 3  
 Report: All Over Report May 25 1985

Number	Time	First Name	Last Name	City	Age	Sex
32	45.41	Shelley	Whitehead	Moncton	15	F
105	46.06	Paul S.	Niedermayer	Windsor	43	M
88	46.10	David B.	Livingstone	CFB Summerside	28	M
134	46.16	Joe	Sheehan	Summerside	20	M
33	46.20	Gary	Agnew	Riverview	38	M
214	46.23	Bob	Gray	Southport	34	M
70	46.26	Joseph	Richard	Chatham	70	M
218	46.28	Ed	Grant	Charlottetown	41	M
117	46.30	Peter	Stuart	Moncton	28	M
118	46.40	Rocky	Stultz	Riverview	39	M
148	46.41	Lloyd	MacCallum	Summerside	41	M
207	46.46	Carl C.	MacLeod	Miscouche	38	M
18	46.47	Eleanor	Freeman	Bradalane	45	F
209	46.50	Wayne	Long	Charlottetown	13	M
112	47.03	William H.	Robertson	Summerside	36	M
64	47.04	J. Wayne	Fraser	Sherwood	29	M
227	47.08	Karen	Rowell	Morell	24	F
07	47.42	Dianne C.	Bradley	Charlottetown	32	F
226	47.43	Dan	Arsenault	Wellington	18	M
67	47.44	Julien	Gallant	Richmond R. R. #2	29	M
69	47.48	Raymond	Gallant	Wellington	28	M
222	47.54	Andrew	Robinson	North Tryon	15	M
225	48.08	Lyle	Fair	Summerside	24	M
111	48.15	George	Robertson	Lower Sackville	48	M
129	48.28	Colleen	Heenan	St. John,	27	F
97	48.42	Peter	McGonnell	Charlottetown	48	M
106	48.47	Joseph	Paquette	Kensington	42	M
142	49.22	George	Leaman	Moncton	22	M
223	49.27	Roy	Matheson	Southport	53	M
217	49.55	Donnie	Perry	Summerside	13	M
21	50.35	Tanya	Gregory	Charlottetown	26	F
48	51.03	John	Comeau	Summerside	44	M
125	51.06	Mark	Walsh	Summerside	41	M
06	51.17	Simone	Boudreau	Memramcook	31	F
228	51.20	Colleen	Rossiter	Charlottetown	24	F
51	51.31	Al	Daley	Summerside	49	M
114	51.35	Allan D	Savidant	Summerside	41	M
122	51.39	Allan B	Tancock	Windsor Jctn	32	M
43	51.44	Christopher	Busch	Moncton	11	M
94	51.45	Paul A.	Mann	Moncton	11	M
146	52.14	Sandra	Milligan	Quispansis	43	F
17	52.15	Sheila	Fougere	Halifax	27	F
28	52.18	Louise	Ongo	Dartmouth	32	F
29	52.19	Helen M.	Parker	Dartmouth	37	F
44	52.30	Bob	Caldwell	Summerside	32	M
42	52.33	Jim	Burrell	Summerside	15	M
119	52.37	Harris	Sullivan	Halifax	46	M
231	52.38	Hagen	Keuneche	Fort Augustus	16	M
85	52.52	R. Kevin	Jones	Windsor Jctn	33	M
208	53.20	Bill	MacDonald	Charlottetown	31	M

File: May 25 85 10 K Page 4  
 Report: All Over Report May 25 1985

Number	Time	First Name	Last Name	City	Age	Sex
212	53.42	Joe	Gallagher	St. Eleanors	27	M
72	53.48	Roger	Gillis		48	M
202	53.50	Vivian	McEniry	Summerside	24	F
54	53.52	Danny	MacKenna	St. Eleanors	16	M
38	54.22	Gerald	Bergeron	Moncton	13	M
23	55.00	Kelly Jo.	Keenan	Moncton	13	F
26	55.13	Karen	Mellish-May	Charlottetown	28	F
78	55.18	Ed	Harris	Moncton	57	M
15	55.39	Rosemary	Faulkner	South Rd	39	F
25	55.45	Marsha	McCormick	Charlottetown	41	F
04	56.39	Rosetta	Bernard	Charlottetown	36	F
213	56.54	Lorraine	MacDonald	Charlottetown	34	F
09	57.14	Charmaine	Comeau	Summerside	34	F
31	57.15	Jane	Walker	Summerside	27	F
24	57.16	Barbara	MacEachern	Summerside	26	F
203	57.26	Gary	Nelson	Summerside	31	M
221	57.34	Janet	Bradley	Charlottetown	35	F
234	57.36	Lowell	Stewart		19	M
211	57.50	Dolly	Bhatia	St. Eleanors	16	F
74	58.29	Sonny	Grant	Summerside	36	M
03	59.59	Jane L.	Aitken	Sherwood	27	F
27	60.48	Sylvia	Noreen	Miscouche	37	F
116	62.00	Dale	StLouis	Moncton	15	M
233	62.02	Graham	Deighan	Summerside	17	M
232	62.03	Robbie	Phillips	Summerside	17	M
13	62.05	Joanne	Duff	Moncton	11	F
19	62.10	Tina	Gillespie	Moncton	13	F
34	62.13	Danny	Allain	Moncton	12	M
14	63.14	Louvina	Edwards	Charlottetown	40	F
	92.	Allen	Milligan			
	93.	Mary	Rossiter			F
102	94.	Paul	Mullin	Charlottetown	38	M
121	95.	Al	Swim	Bunbury	41	M
124	96.	Danny	Viney	Wolfville	22	M
91	98.	Wayne	MacFarlane	Cornwall RR#4	42	M
	99.	Betty	Gillis	TeaHill	40	F

RACE RESULTS

M C L E O D   Y O U N G   W E I R   R U N   I N T O   S U M M E R

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Charlottetown, June 15, 1985

<u>FEMALES 6 &amp; UNDER</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Karl Ann Bernard	1	29	23:02
<u>FEMALES 6 - 10</u>			
Julie McCallum	1	30	26:42
<u>FEMALES 11 - 13</u>			
Linda Kelly	1	19	18:53
Pam Scully	2	20	19:12
<u>FEMALES 14 - 39</u>			
Dorothy Gregory	1	4	13:24
Valerie Simms	2	10	16:07
Karen Mellish-May	3	16	17:29
Michelle MacCann	4	18	18:37
Rosetta Bernard	5	26	21:57
Judy MacLean	6	28	23:00
<u>FEMALES 40 &amp; OVER</u>			
Louvina Edwards	1	25	21:29
<u>MALES 13 &amp; UNDER</u>			
Matthew Bradley	1	21	21:22
Nicholas MacLean	2	27	22:59
<u>MALES 14 - 39</u>			
Andrew Kielly	1	1	12:01
Tony Isaacs	2	2	12:03
Lauchie MacLure	3	3	13:10
Tom MacDonald	4	6	13:50
Jim McCallum	5	11	16:15
David MacDonald	6	13	16:33
Dolph Scully	7	22	21:23
Brian Bradley	8	23	21:29
<u>MALES 40 - 49</u>			
Doug MacNevin	1	5	13:37
Ken Hicks	2	8	14:57
Bill MacDonald	3	9	15:53
Ian Glass	4	12	16:30
Mel Arsenault	5	14	16:37
Wes MacLean	6	15	17:27
Michael O'Grady	7	17	18:03
Linnell Edwards	8	24	21:29

McLeod Young Weir Run Into Summer Results      cont'd

<u>MALES 50 &amp; OVER</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Roy Matheson	1	7	14:32

Many thanks are due to the sponsor, McLeod Young Weir, who pitched in at short notice, to the sun which shone for probably its only day in June and to those wonderful volunteers who made it possible to hold the event:

Rosemary Faulkner	Harvey Bernard
Eleanor Freeman	Art O'Malley
Stew Freeman	Parker Lund
Ewen Stewart	Carl Cooper
Mike Sullivan	Karen Mellish-May

Also, a word of thanks to Perfection Foods, National Video, Thirsty's Roadhouse, Harvey Inman Sports, McDonald's, Burger King, and Kentucky Fried Chicken for their contribution. Last, a thank you to the Agricultural Research Station for the use of their grounds.

- Don Pridmore

RACE RESULTS

SEAMAN'S BEVERAGES FOUR MILE RUN

Charlottetown, June 29, 1985

TOP TEN MALES

1. Freeman Churchill	21:12	6. Salam Hashem	22:43
2. Ron Frid	21:28	7. Alex Coffin	22:51
3. Steve Burrows	21:41	8. Ron Lund	22:52
4. Curtis DesRoche	21:44	9. Dave Manovill	23:20
5. Paul Wright	21:59	10. Carl Phillips	23:57

TOP FIVE FEMALES

1. Marlene Costain	23:47 *	4. Myrtle Jenkins-Smith	29:34
2. Dorothy Gregory	25:51	5. Elaine Gallant	29:42
3. Helen Flynn	28:01		

\* New Open Female Record

FEMALES 18 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Michelle MacCann	1	52	37:30
Lisa Burrows	2	54	44:24

FEMALES 19 - 24

Elaine Churchill	1	46	32:51
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FEMALES 25 - 34

Marlene Costain	1	10	23:47
Dorothy Gregory	2	19	25:51
Myrtle Jenkins-Smith	3	28	29:34
Elaine Gallant	4	29	29:42
Marina Fay	5	32	29:57
Judy MacLean	6	40	32:03
Karen Mellish-May	7	44	32:35
Debbie Ramsay	8	50	36:51

FEMALES 35 - 39

Helen Flynn	1	24	28:01
Helen Parker	2	42	32:23
Rosetta Bernard	3	48	34:03
Bunty Albert	4	51	36:59

FEMALES 40 & OVER

Eleanor Freeman	1	31	29:52
Louvina Edwards	2	53	38:40
Frances Dorsey	3	55	48:10

SEAMAN'S BEVERAGES FOUR MILE RUN RESULTS

cont'd

<u>MALES 17 &amp; UNDER</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Curtis DesRoche	1	4	21:44
Alex Coffin	2	7	22:51
Ron Lund	3	8	22:52
Mark Gallant	4	37	31:00
David MacDonald	5	41	32:22
<u>MALES 18 - 24</u>			
Scott Bringloe	1	17	25:49
<u>MALES 25 - 34</u>			
Freeman Churchill	1	1	21:12
Steve Burrows	2	3	21:41
Paul Wright	3	5	21:59
Dave Manovill	4	9	23:20
Doug MacMurdo	5	13	25:25
Francis O'Donnell	6	22	26:51
Brian McInnis	7	25	28:10
Ron Herbert	8	26	28:17
Francis Dewar	9	27	28:47
Don Ramsay	10	30	29:49
Eric Manuel	11	33	29:58
Bill MacDonald	12	36	30:42
Ernie Dunsford	13	45	32:40
<u>MALES 35 - 39</u>			
Ron Frid	1	2	21:28
Carl Phillips	2	11	23:57
Doug Jones	3	15	25:40
Barry Kneabone	4	18	25:50
Harvey Bernard	5	20	25:56
Tom MacDonald Sr.	6	23	27:55
<u>MALES 40 - 49</u>			
Salam Hashem	1	6	22:43
Linnell Edwards	2	12	24:57
Doug MacNevin	3	21	26:37
Peter McGonnell	4	38	31:32
Ian Glass	5	39	31:52
Roger Gillis	6	43	32:34
Mel Arsenault	7	47	33:41
<u>MALES 50 &amp; OVER</u>			
Ewen Stewart	1	14	25:34
Mike Sullivan	2	16	25:42
Roy Matheson	3	34	30:01
Steve Labchuck	4	35	30:25
Ed Harris	5	49	35:05

RACE RESULTS

F U L T O N   C A M P B E L L   M E M O R I A L   2 0   K M   R A C E

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Montague, July 20, 1985

FINISHERS 1 - 28

Leo Sheehy	1:11:49
Kent Leslie	1:12:20
Paul Wright	1:12:26
Ron Frid	1:13:13
Don Pridmore	1:15:33
Salem Hashem	1:15:41
Don Campbell	1:17:13
Wayne Gerrior	1:17:14
Alex Coffin	1:18:41
Carl Phillips	1:20:21
Marlene Costain	1:20:43
Jim MacDonald	1:21:02
Curtis DesRoche	1:21:16
Ron Lund	1:22:02
John Derry	1:22:28
Bob Reid	1:23:10
Ewen Stewart	1:24:42
Jake Baird	1:24:46
Brian Dunn	1:26:23
Harvey Bernard	1:27:11
Eric Manuel	1:27:25
Bob McGuigan	1:27:54
Linnell Edwards	1:28:10
Lorne Carmichael	1:28:24
Parker Lund	1:28:34
Don Harley	1:29:41
Butch Postma	1:30:54
Dorothy Gregory	1:31:32

FINISHERS 29 - 56

Tom Corcoran	1:32:03
Dave MacNeill	1:32:04
Dave Manovill	1:32:42
Dave Blum	1:33:14
David Robbins	1:33:52
Carl Cooper	1:33:56
Dennis Edgecombe	1:34:22
Barry Mooney	1:34:30
Richard Davies	1:34:40
Doug MacNevin	1:34:42
Ninian LeBlanc	1:36:24
Tom MacDonald Sr.	1:37:23
Helen Flynn	1:37:40
John McQuaid	1:39:08
Art Gough	1:39:19
Lauchie MacLure	1:40:45
Eleanor Gallant	1:41:40
Bob Gray	1:41:52
Wayne McGuigan	1:44:24
Roy Rodd	1:44:34
Brian Bradley	1:44:48
Peter McGonnell	1:44:48
Marina Fay	1:45:40
Bill Gough	1:46:15
Eleanor Freeman	1:47:30
Marie Jackson	1:49:02
Mike Cavanaugh	1:51:30
Karen Mellish-May	1:55:00

## THE VITAMIN THAT LIKES OXYGEN

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- Salam Hashem

In the sport of long-distance running, physical endurance is the key to achievement. Most researchers agree that athletes need additional nutritional energy to keep fit and to compensate for physical exertion and stress. Long-distance runners and other athletes who compete in endurance sports require vitamin and mineral supplementation, especially vitamin E, which improves the utilization of oxygen in the heart and muscles.

For champion athletes, aerobic capacity, otherwise known as efficiency of oxygen consumption, must be high enough to prevent muscle fatigue. Fatigue is a result of oxygen starvation in the blood. Numerous studies have proven that vitamin E levels decline as oxygen requirements increase, and are related to fatigue.

Vitamin E, combined with aerobic exercise, increases the oxygen-carrying capacity of hemoglobin in the blood, leading to greater dynamic capabilities of the lungs. Since stores of this vitamin are depleted during stress, a case can be made for the need of vitamin E supplements to ensure physical stamina in the long-distance runner. Most of the vitamin E content is lost when foods are processed (from whole wheat to white bread, for example). Good sources of the energy vitamin include olive oil, wheat germ, peanuts, and margarine.



**STANHOPE BEACH LODGE  
NATIONAL PARK 10K RUN  
AUGUST 10, 1985  
DALVAY BEACH TO STANHOPE BEACH LODGE  
10:00 A.M.**

- Sponsor:** STANHOPE BEACH LODGE, Stanhope, PEI.  
**Organizer:** Prince Edward Island Roadrunners Club  
**Course:** Last 10k of 1984 STANHOPE BEACH LODGE NATIONAL 20K ROAD RACE CHAMPIONSHIP.  
**Course records:** Set in 1984 by Dale Irwin, Fort McMurray, Alberta (33:22) and Dorothy Gregory, Sherwood, PEI (44:44). Masters' records by Jim Wyatt now of Toronto (36:14) and Helen Flynn of Sherwood (45:48).  
**Race/Age Classes:** Part of the SUN LIFE GRAND PRIX ROAD RACE SERIES of PEI. Grand Prix age categories are: MEN 17 and under, 18-24, 25-34, 35-39, 40-49 and 50 and over; WOMEN 18 and under, 19-24, 25-34, 35-39, and 40 and over.  
**Registration:** 9:00-9:50 A.M. at Dalvay Beach Change House or in advance. Bring or send in the attached registration form. Fee \$2 for PEI Roadrunners Club members, \$3 for non-members.  
**Aid:** Water and sponge stations at 4k and 7k. St John Ambulance.  
**Awards/Prizes:** Medals to first three finishers in all age classes. Prizes to top male and female finishers. Certificates to all finishers. Draw prizes.  
**Post Race:** Awards and cash bar at CAPTAIN DICK'S. Light refreshments, soft drinks, fruit.  
**Changing Facilities:** Pre-race at the change house at Dalvay, Post-race at STANHOPE BEACH LODGE.  
**Transportation:** After the race a van will take runners from the finish line back to the start to pick up cars or gear.  
**Information:** For further information call Bunty Albert, 894-7256(h) 566-8487(w) or STANHOPE BEACH LODGE, 672-2047 or toll free 1-800-565-0223.

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Registration Form for STANHOPE BEACH LODGE National Park 10k

NAME.....AGE.....SEX.....

ADDRESS.....CITY.....

PROV.....P.CODE.....TELEPHONE.....

PR for 10k.....MEMBER PEI ROADRUNNERS?.....

Mail to: Stanhope Beach Lodge National Park 10k  
PEI Roadrunners Club  
c/o P.O. Box 302,  
Charlottetown, PEI. C1A 7K7 BEFORE AUGUST 5

or bring to the race with you on August 10.  
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E N J O Y

A ROADRUNNER SOCIAL

WHEN: Saturday August 10/85

WHERE: Dalvay Beach

TIME: 12 noon to ???

Start the day off right by running the National Park 10K and hang around for the awards. After the awards head over to Dalvay for a Swim (if the H<sub>2</sub>O isn't too cold) and a Barbecue.

The club will supply the barbecues, buns and condiments. You bring your own refreshments, meat and utensils. We specifically request that you refrain from bringing alcohol or beer, but if you do it is at your own risk.

No games or events are planned but if someone wants to start up frisbee contests or a baseball game, please feel free to do so.

The Barbecue is open to all Roadrunners regardless of whether or not you run the 10K that day.

Hope to see you at the beach!

The Club Executive

ALSO

- July 27: Belfast Lions run was held July 13 so everybody can run the North Shore Coastal or Northumberland Fisheries.
- July 27: North Shore Coastal - 10.5 miles. Registration 8:30-9:30 at French River on the shore.
- Aug 3: ADL Tyne Valley 20 Mile Run and 5 Mile Fun Run. Registration 8-9am at Tyne Valley Arena.

COUNT-EM, TWO, NOT ONE BUT TWO

Prior to this year, Island runners had to make due without a half-marathon. Now we are offering two half-marathons, both on newly designed and accurately measured courses. The half-marathon being run in conjunction with the marathon you all know about. But what about the other one.

The organizers of the Kensington Harvest Festival are pleased to announce a major change in the Festival Run.

The Kensington Harvest Festival Run is now the Kensington Harvest Festival Half-Marathon.

The race begins in Kensington - runs past the Town Hall along Main Street towards New Annan. The course then heads south toward Freetown and hooks up with the final few miles of the old 25km route. Finish at Community Gardens in Kensington. Peter promises a flatter, faster course with no major hills.

The Organizing Committee extends an open invitation to all runners to try the new course. It will still have the excellent aid station facilities that the old race provided.

What a great last run before your tapering week if you are planning to enter the half or full marathon the following week.

Let's get out and support the new race. Times and dates remain the same.

WANT TO MAKE \$1150.00 AN HOUR?  
WANT A CHALET IN SWITZERLAND?  
WANT FOUR MERCEDES-BENZ COUPES IN YOUR DRIVEWAY?

Well, we can't offer anything near that -- but we can offer a rewarding day to those that volunteer to help with the operation of the Island Marathon.

We are looking for people (lots of people) to help out with the following:

- 1) Aid Stations
- 2) Timing
- 3) Finish Chute
- 4) Course Marshalls
- 5) Registration
- 6) Results
- 7) Course Set-up and Take-down

If you can help - or have a spouse who will help - or your children - or anybody, please let us know. We really need volunteers.

Help make the Island Marathon a success!

Call: Harvey Bernard - 569-4183      Jake Baird - 892-1430  
      Dave Manovill - 566-3302      Carl Cooper- 894-4277  
      Brian Dunn      - 566-3764