



MARSHFIELD ROADRUNNERS

September 2003

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Yes, summer's over, and it's time to get out a new issue of this brilliant publication before the results list gets too unweildy. They stretch all the way back to June now, and I even got the Winnie Relay in. I didn't report on that one first hand, having broken my string of 22 straight Cape Cod or Winnepesaukee relays, which started in 1982, so I'll be looking for some good stories, and maybe there's even a MRR team that I missed. I'll fill in all the facts in the December issue.

Numbers of teams at Winnepesaukee are down to about half of what they once were, so it looks like that Reach the Beach Relay which has been aggressively promoting itself and is also in New Hampshire and on the previous weekend has had an effect on Lake Winnie. Why can't they leave a good race alone? It's like that half marathon in Medford which popped up in direct competition with New Bedford, an established classic. Oh, well, I always liked Plymouth to P-town better than Winnepesaukee anyway. Let's go back there and hope the Barnstable police don't notice.

There were lots of events of all kinds in the summer of course, including the famous **quadathlon** back on July 13, won this year by the way-too-serious George Anderson, who started off with a pretty good handicap, and although not a cyclist (as far as we know), stayed close enough so that having refreshed himself with a beer at Rafferty's, he cruised right by everybody in the run, downed two more at the Venus, then said goodbye, not even joining us for the very enjoyable post-race party at Joe Gaughan's new estate overlooking the ocean just up the road from the finish. Probably couldn't wait to go home and put his new (to him) yellow shirt on.

As you can see, there's still plenty of local race action in the fall. End your fall running season with Fred White's umpteenth annual **Jingle Bell Run** at 10:00 on December 13 at his house at the corner of Idaho Street, off Canal Street near the Ranch House. Fred may not yet know it's being held then, but now you do.



Herb Baker models the latest in summer sun protection for serious runners.

Get out there and try these Races!

Sept. 28, 10:00. Lt. John P. Connors Memorial
10k, USS Salem, Quincy. 617-470-0009. Yes, I
(*Upcoming Races, cont.*)

know it's the same day as the 20k, but it starts two hours earlier, so do it, then hustle on down to Marshfield.

Sept. 28, 12:00 **Marshfield Road Runners 20K Road Race.** Marshfield High School (*30th Annual*) Contact Marianne 508-747-2491. Run it or volunteer! No entry fee for MRR members.

October 4, 10:00 Plymouth Area Mental Health 5K Run/Walk, Plymouth County Intermediate School, Long Pond Road, Plymouth. 508-732-3014.

October 5, 1:00. TK 10k, Gates Intermediate School, Scituate. 781-545-1463. A nice long downhill start, through Scituate Harbor, out to the lighthouse and back.

October 12, 8:00. BAA Half Marathon, Boston. www.baa.org. Oops! Registration closed! But they'll still let you in if you raise \$500 for the Dana-Farber Cancer Institute.

October 12, 9:00. Humarock Fun Run 4.6 mi., Nautical Mile Restaurant. 781-834-0276. www.humarock.net. Nice and flat, up and down the one main street of Humarock.

October 13, 12:00. Tufts Health Plan 10k for Women. Boston Common. The 27th annual classic.

October 18, 9:00. Rockland Run for Your Life 10k, Rockland High School Stadium. 781-878-0160. fr.jimc@verizon.net

October 18, 10:00. Joshua's Run for the Jimmy Fund 4 mi., Peggotty Beach, Scituate. They moved this one from May. Held in a gale and downpour last time. Start by charging right up Second Cliff. Go inland and back, then up First Cliff (not as high), and back to the beach.

October 19, 11:00. Black Cat Classic 5k, Chandler Elementary School, Duxbury. 617-718-0187. www.brittanylambertfoundation.org.

October 26, 10:00 Mayor's Cup Cross Country, 5k women, 8k men. Franklin Park, Boston.

October 26, 8:30. Cape Cod Marathon. Lawrence School, Lakeview Ave. 508-540-6859

October 26, 9:00. Marshfield Youth Biathlon. At Brian's Place on Careswell St. For kids 8-15. Contact Beth Kenney or Brian Noyes, 508-934-9252,

November 2, 12:00. Rafferty's Pub 5 mi., Rafferty's Pub, Marshfield. Part of the Swamp Rat Grand Pricks Series this year, so Rafferty's will be nice and crowded, just the way we like it.

November 15, 10:00. Edaville Rail Run 5 mi. Edaville Railroad, So. Carver. 508-238-9745. dcohenmassed@comcast.net. Run on dirt roads all around the bogs, and through a miniature village!

November 22, 9:00. Plymouth River School 5k, 200 High St., Hingham. 781-740-2394.

November 27, 8:00. Dreamcatcher Classic 5 mi. At that school in South Weymouth. Always attracts a big crowd, including many MRRs. I *assume* this is happening. Haven't seen an announcement yet.

World Marathon Record!

Sports Illustrated reports that Lloyd Scott, 41, ran the Edinburgh Marathon wearing a 130-pound diving suit in 148:30:56 (that's hours, minutes, and seconds) to set a world record for the slowest marathon. Let's see, that's over six days at about 5 hours 39 minutes per mile, or almost 20 minutes for every 100 yards. This raises some questions: Do you have to keep moving the whole time? Do you have to stay on the course? It wouldn't seem fair if you went home and slept for a couple of days (in other words, took a longcut) and then came back and finished.

At any rate, it certainly would be worth looking into. This could be some Roadrunner's chance for glory! Be a world record holder! After all, you sure ain't gonna get the record for the *fastest* marathon. I'm not gonna try, though; it sounds too hard.

Radcliffe Unbeatable at any Distance

Speaking of fast marathon records, Paula Radcliffe, who has run the two fastest marathons ever by a woman, recently set a record for the women's road 5k of 14:51, and one week later set a women's half marathon record of 1:05:40, which would have beaten all the men in most of the New Bedford races. Along the way, she passed the 15k and 10 mile marks faster than any woman has ever run those distances.

Race Results

Clancy Darling 5 mile, Pembroke, June 15

1 Daniel Yifru	26:39
7 Wayne Alukonis	30:27
23 Leo Hillary	35:36
31 Casey Clancy	37:26
47 Ray Belanger	40:01
55 Steve Lanzillotta	40:38
57 Dick Nickerson	40:48
(135 finishers)	

Norwell Clip-a-long 5k, June 21

7 Ed Shanley 21:09
14 George Stanley 22:48
24 Burt Bryan 24:43 2nd senior
(36 finishers)

May have been a little short. Won by Bill Ramsey in 17:04 and Diane Holland in 21:28. In a situation typical of races today, the overall winner was also first master, and Ed Shanley, 7th overall, was 5th master. The editor, winning his fourth trophy at this race, takes advantage of the fact that although there are plenty of masters here, hardly any seniors show up.

Bob McCourt 5k, Harwich, June 21

81 Tom Wright 23:17 7:31 3 60-69
101 Ray Belanger 23:48 7:41
206 Regina Wright 26:50 8:39 2 60-69
(430 finishers)

Hingham July 4th 4.7 mi.

6 John Noland 25:00 5:19 1 40-49
42 Vickie Tuzik 29:34 6:17 1 20-29 2 F
498 Deb Lynch 37:37 8:00
863 Marianne Withington 42:04 8:57
1029 Brad Powers 43:25 9:14

(1610 finishers)

Marianne, your name takes up way too much room.

Norwell July 4th 5 mi.

13 Brad Powers 36:47
24 Marianne Withington 38:30 3F, 2 40-49
28 George Stanley 40:23
(61 finishers)

Won, by over two minutes, by Bill Ramsey in 31:09, and by Nancy MacDonald in 35:16. Hot! Marianne and Brad did the Hingham-Norwell double, and ran much faster in the longer, hillier, hotter Norwell race than they did earlier at Hingham.

Marine July 4th 4-miler, Marine on St. Croix, Minnesota

Burt Bryan 33:36
(209 runners)

Point-to-point through rolling farmland. Almost half dirt road. Net downhill. Humid!

There was a July 4th race in Duxbury, too, which more MRR runners ran than any other, because there's no entry fee, but I don't know where to find the results for that one, or if they even keep them.

Hanover 5k, July 5

24 Casey Clancy 2/12 F4049 22:25 7:13
48 Deb Lynch 4/12 F4049 24:54 8:01

44 George Stanley 14/27 M4049 24:32 7:54
59 Steve Lanzillotta 17/27 M4049 26:11 8:26
(111 finishers)

Pilgrim 5 mile, Plymouth, July 12

46 Tom Wright 40:31 8:06 1 60-69
71 John Mahaney 44:27 8:53 2 60-69
87 Gerry Foote 47:26 9:29 1 70-98
(130 finishers)

Not a single runner went under 6's for five in this one, which was won by teenager Nick Carr from Plymouth in 30:20. Tom Wright and John Mahaney, who always makes one of his rare racing appearances here, take the top two 60's places, and Gerry Foote, recovering nicely from his Thanksgiving pneumonia and blood clot attack, takes the 70's in decent time. John doesn't race much because he doesn't like today's entry fees. Maybe this one was cheaper.

Ya know what's wrong with Spittle Race Systems? They always put the runners' names after the times, whereas every other listing of race results throughout the history of running has the names before the times. Sometimes I change 'em, and sometimes if there's a lot of results I don't bother.

Little Compton, R.I. 4.8 mile, July 12

306 Burt Bryan 43:50 9:08
384 Gail Connolly 50:59 10:38 3rd, 60-69
(437 finishers)

Vermont 100 mi., July 19-20

148 Dave Ballert 24:24:24
207 Rich Busa 28:48:08

There were 300 starters and 216 finishers in this one, of whom the fastest was Joe Kulak of Colorado in 14:55:26. The first woman was Ellen McCurtin of Connecticut in 16:51:45, one of four women in the top twelve. The oldest finisher was undoubtedly 73-year-old Rich Busa.



Roger and Christine pace Dave Ballert at the 44-mile mark of the Vermont 100

Sugar Bowl 5-miler, Dorchester, July 24

105 33:41 6:44 Vickie Tuzik
270 37:31 7:30 Leo Hillary 2 60-64
279 37:36 7:31 Marianne Withington 3 45-49
286 37:44 7:33 Damon Vaughn
288 37:47 7:33 Jim Holmes
296 37:55 7:35 Casey Clancy 3 40-44
322 38:24 7:41 Jim Benton
431 39:43 7:57 Tom Wright
540 41:08 8:14 Joe Gaughan
583 41:30 8:18 Brad Powers
725 43:19 8:40 Kelly Keelan
1047 47:12 9:26 Kelly Hillary

(1530 finishers)

Tom and Joe were both 4th in their age groups, 65-69 and 60-64 respectively. Vickie is listed as being from Boston, which is why we haven't seen much of her recently.

Carver Cranberry 5-miler, July 26

33 33:22 6:40 Jerry Hanrahan
47 34:56 6:59 John Sousa
58 35:27 7:05 Brad Powers
59 35:31 7:06 John Murnane
65 35:46 7:09 Leo Hillary 3 60-69
77 36:24 7:17 Casey Clancy
95 37:37 7:31 Tim Smith
99 38:02 7:36 Jim Benton
117 39:15 7:51 Jean Connolly 2 50-59
232 52:36 10:31 Gail Connolly 3 60-69
252 69:42 13:56 Phil O'Connell

(252 finishers)

Won by Joe Soul, a hometown boy from Carver, who sounds like he should be a singer, not a runner, in 26:17 and Mimi Fallon of Walpole, 6th overall in 28:55.

Dennis 5-miler, July 27

59 Brad Powers 35:51 7:10
(173 finishers)

Brad racing up a storm, with three races in four days. Trying to make up for his down time for injuries, I guess.

Yankee Homecoming 10 mile, Newburyport, July 29

254 George Anderson 1:10:17 7:02

John J. Kelly Ocean Beach Road Race, 11.6 mi., New London, Conn. August 2

150 Brad Powers 1:29:35 7:43
170 Marianne Withington 1:31:25 7:53
171 Art Freitas 1:31:25 7:53
(442 finishers)

Steve O'Grady XC Jamboree, 5k, Marshfield, August 3

Men

4 George Rose 18:16 (2, 40-49)
7 Wayne Alukonis 18:58 (1, 50-59)
18 John Sousa 21:46 (2, 50-59)
20 Greg Chaves 21:49
32 Leo Hillary 24:07 (1, 60-69)
34 Jim Benton 24:29
56 Fred White 27:31
57 Bob Hillman 27:31
65 Steve Milt 29:11

(79 men finishers)

Twice around the gravel pit. Leo won his age group by over two minutes, but was 1:20 behind 74-year-old Joe Fernandez.

Women

4 Casey Clancy 23:26 (2, 40-49)
6 Carole Tierney 23:49 (3, 40-49)
10 Deb Lynch 25:47
11 Mary Whidden 25:53
14 Kelly Keelan 26:48
27 Regina Wright 28:44

(55 women finishers)

Colonial Summer Series 3.27 mi., Abington, fastest times

Ed Shanley 22:16 July 15
Brad Powers 22:26 Aug 26
Jim Benton 23:09 Aug 5
Casey Clancy 23:32 July 15
Leo Hillary 24:10 July 15
Carole Tierney 24:15 July 8
Roger Welch 24:32 July 29
Marianne Withington 24:43 June 24
Karen Shanley 24:46 Aug 5
Deb Lynch 25:06 Aug 26
Matt Byrne 25:21 Aug 26
Kelly Keelan 25:56 July 1 & 15
Burt Bryan 29:13 Aug 26

Held every Tuesday at 7:00 p.m. May through August. Most of these runners did this several times during the summer. Marianne and Brad also did the "5k Your Way" on Monday nights in Raynham at least once, as well as the HSR 3.75 mile series on Wednesdays in Brockton. Casey Clancy also did Raynham, and Jim Benton did Brockton. Maybe there were more; *you* look 'em up.

Women Running Wild 5k, Osterville, Aug. 24

48 Janet J. Kelly 23:28 (2nd, 50-59)
(356 finishers)

Dartmouth Natural Resources Trust 5k, August 24

6 Dave Will 17:46 5:43

Martha's Vineyard Half Marathon, Vineyard Haven, August 31

38 Marianne Withington 1:44:28 7:59

39 Art Freitas 1:44:29 7:59

(118 finishers)

"Great race, lots of amenities," says Marianne, who was first of 11 masters women. Kevin Gray of Falmouth, an almost-kid of 25, won this one by almost 12 minutes, in 1:12:24.

Run for the Hills 5k, Marshfield Hills, Sept. 1

14 18:54 6:05 Vasilli Manikas 1 50-98

17 19:12 6:10 Jim Mills 3 40-49

19 19:20 6:13 Peter Noyes

20 19:29 6:16 Beth Wright 2 30-39 4 F

24 20:30 6:36 Morgan Scheiber

28 20:51 6:45 Ed Shanley

34 21:37 6:57 Casey Clancy 2 40-49

36 21:46 7:00 Leo Hillary

42 22:09 7:08 Brad Powers

64 23:10 7:27 Mike Shiaris

68 23:22 7:31 Joe Gaughan

80 24:11 7:47 Matt Byrne

90 24:43 7:57 Deb Lynch

105 26:02 8:23 Becky Shiaris 3 50-98

111 26:28 8:31 Burt Bryan

197 38:59 12:32 Janet Spriggs

198 39:22 12:40 Carol Veroni

(207 finishers)

A nice gradual downhill for the first two miles or so, then a steep uphill to the finish. This was a relatively cool overcast day. No age groups higher than 50's, which shut out some of our medal-hungry runners. Leo was fourth in the 50+ group, and probably was first over 60, but that doesn't impress them here. Something wrong with their timing late in the race, because Janet and Carol finished right together. No way they were 23 seconds apart.

And here's something else wrong with Spittle Race Systems. In a 5k, they divide your total time by 3.1 to get your mile pace, instead of the more accurate 3.107, which means that everybody's per mile time should be *one second* faster than they report (I corrected them here). Same with a 10k. Just thought you'd like to know.

Run to the Rock 5k, Plymouth, September 6

14 19:30 6:17 Mike Myers

26 21:52 7:03 Casey Clancy 1 40-49

(265 finishers)

10k

1 32:34 5:14 John Noland

10 39:52 6:25 Jim Mills

26 44:21 7:08 John Murnane 1 50-59

47 47:58 7:43 Fred White 2 60-98

49 48:10 7:45 Bob Hillman 3 60-98

75 51:57 8:22 Steve Milt

92 54:30 8:46 Judy Duarte

111 56:41 9:08 Gerald Foote

115 57:10 9:12 Burt Bryan

(139 finishers)

Half Marathon

14 1:30:13 6:53 Brad Powers 1 50-59

46 1:39:08 7:34 Franny Haney 1 40-49

50 1:40:08 7:39 Leo Hillary 1 60-98

60 1:41:41 7:46 Marianne Withington 2 40-49

67 1:43:24 7:54 Art Svensen

84 1:46:27 8:08 Jim Benton

90 1:48:35 8:17 Tom Wright 3 60-98

92 1:48:46 8:18 Janet Kelly 3 50-59

95 1:49:31 8:22 Jean Connolly

(168 finishers)

A sunny and not-too warm day. Some very good performances here, with every MRR runner getting under 1:50 for the half.

SIDS 10k, Hingham, September 14

10 Bernadette Noyes 42:09 6:48 1st woman

(79 finishers)

A nice run through the trails of Wompatuck Park. The first and only male finisher in the 60-69 group here did it in 60:58. I shoulda been there!

Jeff Coombs Memorial 5k, Abington, Sept. 14

45 Casey Clancy 22:15 7:09 4th F

(354 finishers)

First time I've ever seen 15-year age groups in a race. Casey was in the 35-49 category but I don't know her place because they don't tell you the age group of the first three overall.

Partylite Candle Run 10k, Plymouth, Sept. 20

1 Walter "Chip" Mann 42:00 6:46 1st, 50-59

16 John Murnane 48:56 7:52 3rd, 50-59

40 Burt Bryan 61:01 9:49 1st, 60-69

43 Gerry Foote 63:55 10:17 1st, 70-99

(55 finishers; No. 55 was 82-year-old Louise Rosetti)

Sometimes it pays just to show up. So Peter Noyes was embarrassed by winning a 10k at a 6:30 pace last year? Walter Mann, running 6:46's, won this one by more than minute over 30 year old William Simms of Hingham. Women's winner was Johanna Kaufman of Cotuit in 47:47. The slow times were a result of a very warm, humid day and some long hills. As Walter said, "Once I realized I

didn't have to push, I didn't." Both Burt and Gerry walked up the last, long hill to the finish, Burt still being the first of three in his age group, and Gerry the first of two. Nice trophies, too! And how about this for the bag of free stuff for all runners. In addition to the usual energy bar and other little snacks, there were four scented candles, three sticks of deodorant, and a teddy bear! You don't get that at every race.

Lake Winnepesaukee Relay, 65.7 mi.,

September 20

68 MRR men's 50+ team	8:54:43	8:09
76 Marshfield Mellows (F 40+)	9:07:04	8:20
112 MRR Mixed 60+	10:04:54	9:13

Only 119 teams this year. They used to get about 250. Still, that's 952 runners, which makes it still a big race. And both the Mellows and the mixed 60+ team won their divisions! Of course, there were only two teams in the women's 40+ division, and nobody else in the mixed 60+. Still, as somebody once said, "Half of life is just showing up" or something like that, as both this race and the Partylite 10k prove. Congratulations to all who showed up.

Duxbury Beach Sprint Triathlon, 0.5 mi. swim,

12.5 mi. cycle, 3.3 mi. run, Sept. 21

11 Caitlin Shea-Kenney	1:08:41	1 st woman
96 Franny Haney	1:22:52	3 rd , 40-44
161 Lynn Cornelius	1:28:54	

(338 finishers)

Hey, here's an opportunity for some of you guys. There was only one entrant in the men's 65-69 age group, and he finished 333rd out of 338.

Marianne Withington did the "Try the Tri" in Bristol, R. I. on August 9. She was second in the women's 45-49 age group in 1:13:06.

I was told to be sure to record that Roger Welch had done something like 58 minutes for the Marshal Degan 10k in Quincy on September 14. Only trouble is, I can't find that in the results anywhere. Maybe he was unregistered. So here's the announcement anyway. **Mike Coleman says Roger Welch did 58 minutes for a 10k!** There you go, Mike. In bold, just like you said to.