

# Runners to retrace history of athletes' slow build-up

## Coaching great's proteges know planned race course well

by Terry Maddaford

The Arthur Lydiard legacy will live on with a planned race over his old stamping ground.

Days before he left for the United States on what was to be his last lecture tour, Lydiard had given his permission for The Legend — Arthur Lydiard 34km, a race for serious runners next September.

Lydiard died days before his scheduled return home and days after enjoying dinner with his star pupil, triple Olympic gold medalist Peter Snell.

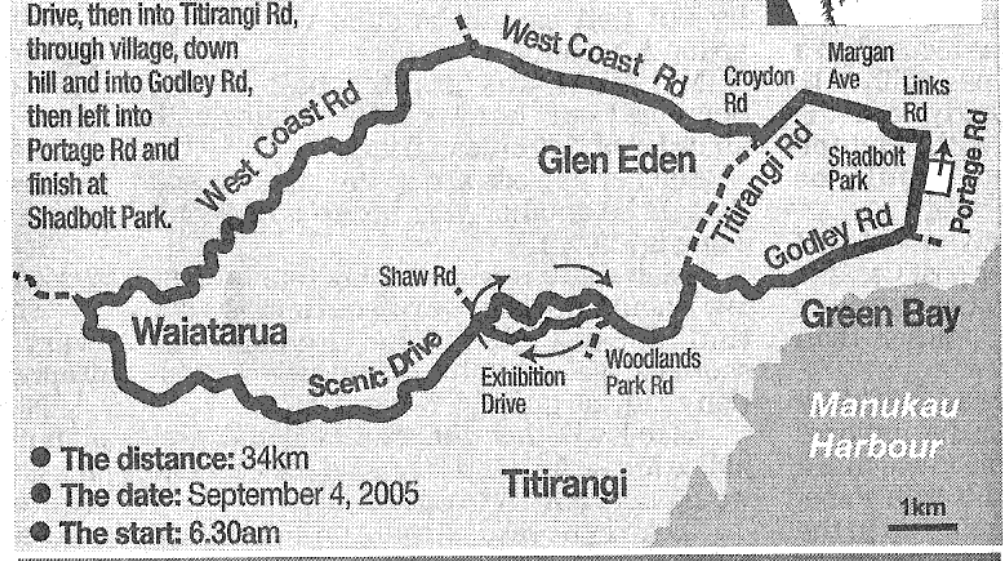
The new race, devised after organiser Ian Winson had watched a television documentary that included clips of a young athlete running on the Waiatarua course used by Lydiard and his runners in the Waitakere Ranges, will follow much of the route used by distance runners in the heyday of the sport in New Zealand.

"There will need to be changes to meet the requirements of the traffic management plan," said Mr Winson, who will work with Total Sports to promote the 34km race.

"We had gone back to Arthur to make sure he was happy and he replied with a letter agreeing to the modifications."

### » The Legend — Arthur Lydiard race

**Start** Shadbolt Park, Green Bay. Along Portage Rd, left into Links Rd to Margan Ave, Titrangi Rd, Croydon Rd, Rua Rd, into West Coast Rd. Turn left into Scenic Drive until Woodlands Park Rd intersection, then right along Exhibition Drive into Shaw Rd, then right again back into Scenic Drive, then into Titrangi Rd, through village, down hill and into Godley Rd, then left into Portage Rd and finish at Shadbolt Park.



- The distance: 34km
- The date: September 4, 2005
- The start: 6.30am

In the first year the race will be restricted to a field of 250, who must have proven their capability to run a two-hour half-marathon.

It is hoped to increase the field to 500 in future years.

The race is scheduled to start at 6.30am on September 4 at Shadbolt Park, in Green Bay, and take in parts of West Coast Rd and Scenic Drive before returning to

the start. To comply with expected traffic requirements, it is planned to have cut-off times at the half-way and three-quarter marks.

"We are hoping to have sponsorship and other funding in place," Mr Winson said.

Since the death of Lydiard, the race promises to gain even more significance and be a fitting memorial to the coach.