




ONE might possibly expect that over the Christmas and New Year period Australia's top runners would be taking it relatively easy. However, this is not the case, as those athletes who competed in the European season are now in the midst of building the necessary base training to see them through 2007 and those who have stayed at home are getting in peak shape for the Australian track season.

In awarding the Top Aussie Performance for this issue, R4YL used both races at home and abroad. The annual Zatopek meeting produced some fine Australian performances with two most notable being Peter Nowill in the steeplechase and Brad Woods in the 1500m. But it was the performance of Benita Johnson in Japan which captured the TAP.

Just a few days before Christmas and only nine weeks after her Australian record breaking performance in the Chicago marathon, Johnson travelled to Japan to compete in the Okayama Women's Half marathon.

By the half way stage of the race Johnson had trailed last year's winner, Evelyn Kimwei of Kenya, by up to 50 seconds. In the second half of the race was the course became increasingly hilly and Johnson was able to run herself back into contention, catching the fading Kimwei and putting a decisive margin of 55 seconds into her competitor in the final 3km of the race. Johnson's time of 70.01 was a new course record for the event. Congratulations to Benita Johnson, R4YL's Top Aussie Performance. 

WHERE ARE THEY NOW? DAVE POWER

Born: 14th July 1928

	THEN	NOW
Weight:	47.6kg (7.5 stone)	48.3kg (7.6 stone)
Weekly mileage:	80-85 miles	0 - walking 1-2hrs per week
Residence:	Wollongong, NSW	Sunrise Beach, QLD
Occupation:	Bank Officer	Retired

Children: 5 daughters (Sue, Debbie, Joanne, Jenny, Liz), 9 grandchildren, 1 great grandchild.

Races that you recall with the most fondness:

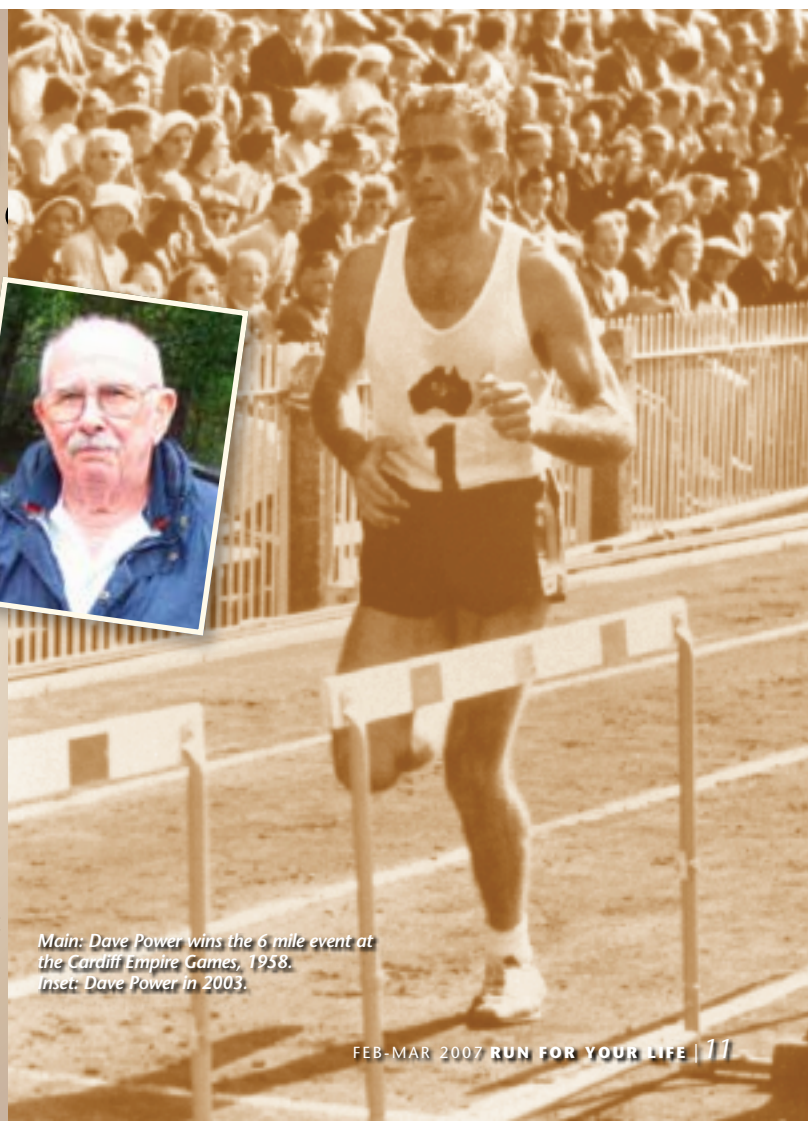
The 1958 Cardiff Commonwealth Games really well. Who would forget winning two gold medals?

Difference between runners today, and when you were competing: We were "pure amateurs". We use to re-sole shoes. Athletes today are more professional and spend more time running

Currently doing: Trying to write a book about my life, so I am spending a lot of time reading old newspaper articles and scrap books.

Competitive Results (PBs): 1 mile - 4.00.02; 5000m - 13.51; 6 mile - 28.20; 10,000m - 28.38; Marathon - 2.22.15

Achievements: 1956 Olympics: 7th in 10,000m; 1958 Commonwealth Games: 1st in 6mi, 1st in Marathon; 1960 Olympics: 3rd in 10,000m, 5th in 5000m; 1962 Commonwealth Games: 2nd in 6mi, 2nd in Marathon.



Main: Dave Power wins the 6 mile event at the Cardiff Empire Games, 1958.
Inset: Dave Power in 2003.