



kiwirun

THE MORNING JOG

Well here we are at the end of the tour after two weeks of amazing runs, many laughs, incredible views, loads of stories told and many more created. I almost feel a song coming on... "It's just emotion taking me over..."

Anyway, on behalf of the Morning Jog publishing team we'd like to thank you all for an amazing tour and remember that it's not what we did on this tour or the places we visited, but the people we experienced it all with that makes it so special. Thanks so much and keep it runnin'!



INTRODUCING ROD DIXON



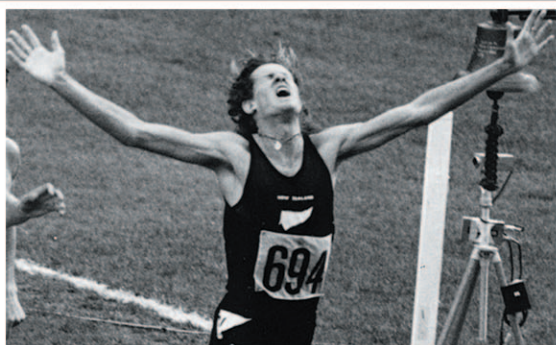
Dixon, along with John Walker and Dick Quax, was one of a trio of world-class middle distance runners from New Zealand in the 1970s. He was the first of the three to taste Olympic success with his 1500m bronze medal in 1972.

Dixon had a very long career and was very competitive across a wide variety of distances, eventually culminating in a dramatic, come-from-behind win in the 1983 New York Marathon.

KIWIRUN GOES BUSH!



INTRODUCING JOHN WALKER



Even today, there may not be another person on the planet who has dipped under 4 minutes for the mile than John Walker. Of which his most notable was when he became the first man to go sub 3:50 in the mile. On top of his many middle-distance world records Walker also claimed gold in the 1976 Montreal Olympics, after first coming on the international spotlight at the 1974 Christchurch Commonwealth Games where he finished second behind Filbert Bayi (amazingly, both Bayi and Walker broke the 1500m world record in this race).

INTRODUCING DICK QUAX



Despite having one of the most interesting names in world sport, his given name of Theodorus Jacobus Leonardus is possibly even stranger! (Note: Quax was born in Holland and moved to NZ at age 6.) Nevertheless he was a great runner who picked up silver in the 1976 Montreal Olympic 5000 (nudging Rod Dixon to fourth). He also picked up silver in the 1970 Commonwealth Games 1500m.

INTRODUCING L. MOLLER



Lorraine Moller represented New Zealand in the marathon at four Olympic Games, winning bronze in 1992 Barcelona. She also won bronze medals in the 1500m and 3000m at the Commonwealth Games in 1982 and silver in the marathon in 1986. She also won the Boston Marathon