

# Festival City Runner

*Registered for Posting as a Periodical*  
- Category B

**MAY 1980**



STATE MARATHON, JUNE 8th - RECORD FIELD LIKELY

Last years record field (165 entrants) for the State Marathon Championship at West Lakes is certain to be at least doubled this year.

On Easter Sunday, Cerard Barrett (Qld) proved that the two lap circuit is one of the fastest in the World by clocking 2 hours 11 mins, just three minutes outside the World Record.

Entries are already pouring in as experienced runners and would-be marathoners seize the opportunity to lower their own personal record for the 26 miler.

Participating in the State Marathon ensures runners a place in a tradition dating back to 1920 when Percy Collins (Qld) won the inaugural championship race in 3 hours 20 mins. around Adelaide's suburbs.

This year, 3.20 won't get you a place in the top fifty, but it will give you a place in history as one of the very few people in Australia to have run a Marathon.

If you're still a little short on condition by June 8th, consider entering the Delphin Island 4 mile Fun Run. Starting just after the Marathon, you'll be back to the finish in time to see the runners pass through the 13 mile mark with their task half done. At that stage, any vocal support you can provide them will be well appreciated.

Even if you only come down to West Lakes to watch how its done June 8th is a date to mark in your diary. See you there.

NOTE : Entrants in the State Marathon must register with the S.A.A.A.A. (\$11 seniors and \$9 juniors). Entries close June 1st with Al Digance, 1/8 Morton Ave., CUMBERLAND PARK, 5041.

Kuitpo 15 Miles/Cross Country

In 1980, we have booked the Kuitpo Hall which has a fire place (we need to bring our own wood).

A RACE DIRECTOR DESPERATELY NEEDED. July 5th.

Festival City Marathon

Posters and entry forms will be available by end of May.

Maureen Cook has been appointed Administrative Officer and will start work beginning June.

The Y.M.C.A. has generously made an office available to the Festival City Marathon organisation.

Starting June, it will be open 12 noon - 2.00 p.m. each day and will handle entries, enquiries and sale of T-Shirts.

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# Festival City Runner

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- Category B

**JUNE 1980**



Journal of the Distance Runners' Club of South Australia Inc.

Distributed free of charge to members of the Club. Additional copies and cost to non-members 50¢.

Subscription to non-members \$5.00 (April 1980 to March 1981). Post subscriptions to Ray Beaumont at the address below.

The Distance Runners' Club of South Australia Inc. (DRC).

A voluntary body affiliated with the S.A. Amateur Athletic Association with the objective of promoting and developing distance running as sport and recreation. The DRC conducts road and cross country races from April to November and also organises several fun runs including the Womens Fun Runs and the Festival City Marathon as well as conducting the Run South Australia Run Training Clinics.

Membership is open to all registered runners and can be made with Ray Beaumont, Registrar at the address below. Membership fees are \$5.00 (adult), \$3.00 (Under 20) \$2.00 (Under 15) or \$6.00 (family).

The Festival City Runner

Next issues: July, August, September, October, November, March (1981).  
Deadline for copy, last week of previous month.

All advertising enquiries to B & T Publishers, Box 52, Alberton, 5014.  
Phone 47 7133.

All copy and editorial enquiries to Chris Collins, Editor.

Address for correspondence: Festival City Runner, Box 163, Goodwood, 5034.

Festival City Marathon Office

City Y.M.C.A., 76 Flinders Street, Adelaide. Open 12 noon - 2.00 p.m. weekdays.  
Maureen Cooke, Administrator. Telephone 223 1611. Entries (Marathon and half-marathon), T-Shirts, training manuals and information.

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From their latest newsletter:-

- Gary Henry ran first (by more than 3 minutes) in the Canadian Marathon Championships and Olympic Trial in 2:13.13 on May 5. Gary is a very popular competitor in Adelaide and we hope to see more of him.
- The DRC receives a pat on the back for our race directors plan in 1980. The VMC have a roster system of jobs for all members (perhaps we should incorporate this as well?)
- The Traralgon Marathon will be held Saturday, September 13. Information and entry forms from Peter Shone, 6 Bridges Ave., Traralgon. 3844. Phone (051) 74 1232.
- The VMC is organising a series of 3 distance races for women, "The Runner's World Triple", July 12, 25km, August 24, 20km, September 20, 15km. The purpose of the series is to help foster women's distance running in Victoria.

**1980 FESTIVAL CITY MARATHON**

One of the great community fitness runs in Australia

EVERY FINISHER A WINNER

42.2km Gawler to Adelaide. Labor Day Weekend  
Sunday, October 12. Starting Time 6.00 a.m.

ENTRY FORMS AND POSTERS NOW AVAILABLE

ENTER EARLY!

Give yourself plenty of time to train. Upon receipt of entry, you will receive training notes and free admission to the Training Forums at the YMCA (a saving of up to \$4.00 admission).

Your early entry will be of great assistance to the organisation of the event.

FESTIVAL CITY MARATHON OFFICE YMCA,  
76 Flinders St., Adelaide.  
Telephone 223 1611

Postal Address:  
Festival City Marathon,  
Distance Runners' Club of S.A. Inc.,  
Box 163, Goodwood. 5034.

Race Director : BRUCE ABRAHAMS

Administrator : MAUREEN COOKE



When the permanent Park Lands Trail is marked, other routes will be suggested. Runners may wish to join the Marathon Group occasionally for a longer run.

### Water Stops

Every 20 minutes. Stop and drink at least 200 mls (about a cup).

## "MARATHON GROUP"

Co-ordinators: Bruce Abrahams (phone 294 3248), Helen Morris and Mick Brennan.

### Starting Times

For runs leaving Uni Gym, meet at 7.45 a.m. for pack run to start at 8.00 a.m. sharp.

For runs using bus-hire (see programme), meet at 7.25 a.m. for bus to leave at 7.30 a.m. sharp.

### Programme Objectives

1. Months 6-9 "Your First Marathon" Training Manual, i.e. 30 miles/week (minimum) to 60 miles/week (50-100 kms/week).
2. The Sunday Run being the "long run" either 2 hours duration or 15 km to 25 km distance over a variety of courses and types of run.

### Pace

No pace is too slow! Range is likely to be 4-7 mins/km (6½-12 mins/mile). All paces are catered for! Nobody should feel they are running too slow and have to keep up. After the first 5-10 mins, the pack will break up into different pace sub groups.

### Self-Help

The Marathon Group is a self-help group. By meeting regularly, runners will get to assist each other in training for a common goal - finishing the Festival City Marathon.

Several instructors will be running each week and will be happy to provide advice while on the run. Slower runners particularly should ask an instructor to join them if they wish.

### Water Stops

Every 20 minutes (approx). We don't know precisely where all the taps are along the routes. One task of the group is "spot the tap".

### Courses

- a. "Out and Back"
 

Along City-Bay course or Festival City Marathon Course. Duration of run, usually 2 hours. After initial 5-10 minutes, group breaks up into different pace sub-groups, everyone to turn round after 1 hour (or half the time) and return.
- b. Set Course
 

E.G. along City of Adelaide Half Marathon Course (21 km). Runners will complete run in varying time 1½-2½ hours depending on pace. Alternatively runners may cut out some parts of the course to finish earlier.
- c. Bus Runs
 

Given sufficient demand (at least 40 runners), a bus will be hired to pick up runners at Uni Gym 7.30 a.m. and drive along the Festival City Marathon Route dropping off runners along the way to complete a run back to the Gym in 2 hours. Cost will be \$1 per person for hire of bus. Alternatively runners may wish to run a set distance. Seats need to be booked and paid

for a week before. Runners not booking seats will take pot luck that any are available (or phone Bruce Abrahams 294 3248) during week before.

d. Time Trials

Over increasing distances 15km, 20km, 25km, 30km, over a course with 5km laps. NOT A RACE. Runners should attempt to run the time trial at a pace which they will ultimately maintain for the Marathon.

RUN SOUTH AUSTRALIA RUN PROGRAM JUNE/JULY

Sunday	Beginners	City-Bay	Marathon
June 1	9.00 Talk: Describe June/July programme (all groups)		and summarise objectives
	9.15 River Run	9.15 River Run	9.15 2 hr Pack Run "Out and Back" along Marathon Course
June 8	9.00 Talk: Training Effect - Physiological Some test yourself measures.		8.00 2 hr Pack Run "Out and Back" along City-Bay Course. Note: Suggest afterwards runners go to view the finish of West Lakes State Marathon.
	9.15 River Run	9.15 River Run	
June 15	9.00 Talk: Training Effect - Psychological Some test yourself measures.		8.00 City of Adelaide Half Marathon Pack Run (21km).
	9.15 River Run	9.15 River Run	
June 22**	9.00 Talk: Losing Weight		7.30 Bus along Marathon Route (2 hr run)
	9.15 River Run	9.15 River Run	
June 29	9.00 Talk: 'Do-it-yourself' Shoe Repairs		8.00 City of Adelaide Half Marathon Pack Run (21 km)
	9.15 River Run	9.15 River Run	
July 6	9.00 Talk: Fitness Test		8.00 15km Road Run Time Trial
	9.15 River Run	9.15 River Run	
July 13**	NO TALK Enrolment for Women's Fun Run		8.00 Parklands Trail (20km)
	9.15 River Run	9.15 River Run	
	OR	OR	
	9.30 Women's Fun Run (5km or 10km)		9.30 Women's Fun Run (10km+)
July 20	NO CLINIC	NO CLINIC	9.30 Meet at Willunga to run to Mc Laren Vale Start of Fun Run (14 km)
	10.30 Willunga Fun Run (7 km)	10.30 Willunga Fun Run (7 km)	
July 27	9.00 Talk: Keeping Log Books		8.00 City of Adelaide Half Marathon (21 km) Pack Run Note: Suggest afterwards, runners go to view the finish of the National Marathon (open and veteran's men and women) at West Lakes
August 3**	NO TALK	9.00 City of Adelaide Half Marathon (21 km). Race	
	9.15 River Run		

\* Alternative "Self-Help" River run 8.00 a.m. for City Bay Group.

\*\* Social Gathering afterwards.

# Festival City Runner

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**AUG 1980**





FESTIVAL CITY MARATHON SURVEY - A PRAGMATISTS GUIDE TO SUCCESSFUL

MARATHON RUNNING

Phil Norris

The Festival City Marathon approaches, Like a black hole, with all its mystery and foreboding, it obsesses all who approach. For the well prepared it proves to be an enlightening journey in space and time, especially the last ten kilometers. For the not so well prepared it's still an enlightening journey, but that's another story.

So much for the romance of it all. What about the practicalities? When should training begin? How many miles should be run, how fast, how many times per week, how many times per day? These questions and innumerable others will be debated and theorised about by newcomers and experienced marathoners alike. Whether they are interested in simply finishing on their feet, or within a certain time. These questions also form the basis of an ever increasing body of literature and advice which attempts to answer them. For some this can be an entertaining source of information, for others a source of confusion, for others a source of mild annoyance. As a "friend" of mine once said; "You get writers who think that there is some kind of magic formula, and they want to be the first to tell the word how to do it. What is the secret? Yoghurt? Vitamins? Maybe, I don't know. But I'll tell you one thing, You don't run 26 miles [385 yards].....on good looks and a secret recipe." (Shorter, 1974)

What do you run a marathon on? Runners in this year's Festival City Marathon will all be asked to take part in a survey designed to answer that basic question. However, rather than focusing on what should be done, this survey will focus on what runners did do and with what results.

Basically, the survey will consist of a questionnaire which asks questions about each runner; (a) physical characteristics, (b) running history, (c) current training, and (d) goals and expectations in running the marathon. Answers to the questions will be aggregated in such a way as to insure the confidentiality of each runner's answers, and summarised in terms of finishing times (probably fifteen minute time slots.) In addition, an equation will be produced which will enable runners to predict their future marathon finishing times - a valuable tool in the planning of appropriate pace and split times.

Results of the survey will be published in this magazine on a progressive basis. With the cooperation of Festival City Marathon runners, and cooperation cannot be stressed enough, they will provide a useful and interesting guide to what marathons are run on

Reference:

Shorter, F. *The Complete Runner*, from the *Edwards of Runner's World*, 1974.

## RODNEY ROBRAN'S SPORTS

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Phone 223 7825

# Festival City Runner

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SEPTEMBER 1980





## SUBSIDIES TO STATE REPRESENTATIVES.

As reported in last month's Festival City Runner, DRC members:-

Warren Partland, Bob Lange, Peter Jenner, Mike Farrelly, Glen Young, Peter Haynes and Danny O'Dea were selected to represent South Australia at the National Cross-Country Championships in Melbourne on September 6.

The DRC forwarded a subsidy of \$20.00 per person to the AAASA to cover some of the expenses.

## WINTER PRESENTATION NIGHT

The annual Presentation Night of the Distance Runners' Club will be held from 7.00 p.m., Friday, October 24 at the Meals on Wheels Hall, 97 Fullarton Rd., Kent Town. Basket Supper.

Trophies and awards organised by Des Paul and Phil Afford.

## ANNUAL GENERAL MEETING

The Annual General Meeting of the Distance Runners' Club will be held at 7.30 p.m. November 7 at the Adelaide Harriers Club Sheds, South Terrace.

Nominations are called for all office bearers. In particular, the positions of Secretary and Treasurer will be vacant.

Agenda items and notices of motion are called for. Two items already on the agenda are:-

1. Prizes and Awards. Time for a new system? (Phil Afford)
2. The function of organising the Festival City Marathon, Training Forums, Run South Australia Run Clinics and associated activities be transferred, together with the balance of the Festival City Marathon Bank Account to the South Australian Road Runners' Club (SARRC), subject to the agreement of the Festival City Marathon Committee as to the constitution and rules of the SARRC from November 1980 (Festival City Marathon Committee).

## PA SYSTEM TO BE USED AT THE CITY-BAY

One of the first major uses of the powerful, roof-rack PA system will be calling times at the City-Bay on September 21. Approximately 6,000 finishers are expected.

The system will also be used at the start of the Festival City Marathon on October 12.

## SOUTH AUSTRALIAN ROAD RUNNERS' CLUB (SARRC)

The Club, which has grown from interested participants in the South Australian Run Clinics is due to be formed in October.

The Steering Committee to form the Club hope that it will be complementary to the DRC and that many members of the DRC will become members.

Also it is expected that the SARRC will be a recruiting ground for AASA Clubs (as happens in Western Australia and Victoria).

The SARRC is envisaged to have an annual membership of \$2.00 per person or \$3.00 per family for which members will

- receive a regular news sheet containing information of road races and fun runs
- be able to join the Sunday morning Clinics from the Uni gym
- be encouraged to form local and regional running groups
- pay reduced entry fees for RRC events such as the Festival City Marathon and the City of Adelaide Half Marathon.

The Club wants to work with other bodies promoting well organised fun runs and road races; particularly to ensure that such events are well organised with the interests of the runners first.

A tentative proposal for a new road race in 1981 is a 10,000m event in conjunction with the AASA with proceeds going to the AAU International Cross Country Travel Fund. Top distance runners in Australia would be invited to lead a field of several thousand expected runners. A two lap course around Victoria Park (Fullarton Rd., Greenhill Rd., Glen Osmond Rd., Hutt St., Wakefield St.) is a possible venue.

DRC members and other runners interested are invited to contact the Steering Committee:- Helen Morris (convenor), Mike Brennan, Brenton Hancock, Sue Forth, Bruce Abrahams (phone 294 3248).

FESTIVAL CITY MARATHON

Between 800 and 1000 entries are expected making the event the second largest marathon in Australia.

Each Sunday, over the last few months, an average of 100 people have been joining the pack runs as part of the Marathon training group of the Run South Australia Run Clinics. A popular run is the 'bus run' when the Clinic hires two coaches to drive along the course and drop runners off at various distances to run back to the Uni gym.

Several hundred volunteers are needed on the race day, October 12. Already many people and groups have offered including:- Gawler District AAC, Gawler Rotary, Pembroke School, RAAF, Sri Chinmoy Centre, Salisbury AAC, St. Agnes Community Health Centre, Adelaide Harriers, Central Districts AAC, Enfield Harriers AAC, St. John, Australian Podiatrists Association, YMCA's and others.

MORE HELPERS ARE REQUIRED EITHER AT AID STATIONS OR AT THE FINISH. \*  
Please contact Maureen Cooke 223 1611 at the Marathon Office between 12 and 2.00 p.m.

## AAASA WINTER PRESENTATION NIGHT

(Note: This is not the DRC Presentation Night)  
This will be held at Pembroke School, Girton Campus, 18 Holden St., Kensington Park on Friday, 26 September at 7.30 p.m. Basket Supper.

LETTER GRANT FRY

On behalf of Western Districts I would like to make a few comments on the nearly completed 1980 winter season.

1. Events North & South. Most comments that I have heard have praised the idea, the sport appears to be growing quickly enough to support 2 events on some days. I think that problems may arise if the number was to increase too soon, this season was fine.
2. AAA of SA Events. Many people felt that the Assoc. events were all too close together, e.g. 10 mile, Gawler relay & Marathon in three weekends. Also the Gawler relay held in school holidays was a problem for many people away with the family. I would like to see the 10 mile Road Champ later in the programme.
3. Wednesday Night at OSF. Personally, I think that better fields would be seen if these meetings were spaced so that they were not immediately preceding an association event or relay. I feel more of the faster runners would run if they did not have to race seriously the next Saturday.

Also, it's a shame the Marathon is held so early, is there any way the Aust. Title can be held later? Our state title can then be run 6 weeks or so before it

Thank you for the invitation to comment on the past season, if you wish any further comment on the above points or any others please phone me on 255 4048.



# **Festival City Runner**

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- Category B*

**OCTOBER 1980  
PRICE 50c**



# **1980 FESTIVAL CITY MARATHON**

**42.2 kilometre Gawler to Adelaide  
Labor Day Weekend  
Sunday October 12**



# FESTIVAL CITY RUNNER

OCTOBER 1980

Journal of the Distance Runners' Club of South Australia Inc.

## The Distance Runners' Club of South Australia Inc (DRC)

President : Phil Afford (085) 244 149

Secretary : Bruce Abrahams, P.O. Box 163, Goodwood 5034. Phone 294 3248

## Next DRC Meetings

Annual Presentation Night 7.00 p.m., Friday, October 24 at the Meals on Wheels Hall, Kent Town.

Annual General Meeting 7.30 p.m., Friday, November 7, Adelaide Harriers Clubshed, South Tce.

## Festival City Runner

Next Issue (last for 1980)

November - Main copy. Results of the 1980 Festival City Marathon.  
Posted to all DRC members and Marathon entrants.  
Other copies \$1.00 (incl. postage).

All advertising enquiries to B & T Publishers, Box 52, Alberton, 5014.  
Phone: 47 7133

Editor for October and November issues : Bruce Abrahams

Address for correspondence : Festival City Runner,  
Box 163,  
Goodwood. 5034.

## 1980 Festival City Marathon Organising Committee

Bruce Abrahams (Convenor and Race Director)

Jean Beaumont (Treasurer) Ray Beaumont, Mike Brennan, Brian Chapman,  
Brenton Hancock, Dave Walker

Administrator : Maureen Cooke

Office : c/- YMCA, 76 Flinders St., Adelaide. 5000.

## Festival City Marathon Officials

Race Director : Bruce Abrahams

Start Co-ordinators : Phil Afford and Marty O'Dea

Course and Aid Stations Co-ordinator : Brenton Hancock

Medical Co-ordinators : Dr. Gavin Beaumont and St. John

Adelaide Oval Set-Up : Mike Brennan

Timing and Finish System : Don Dohnt, Bruce Warnock and RAAF

Results : Jean Beaumont

Computer : Dave Walker (using IBM 5120)

Announcer : Brian Chapman

Awards : Ray Beaumont

Administrator : Maureen Cooke

The November Issue of the Festival City Runner will contain the results and record of the 1980 Festival City Marathon.

The Marathon Organising Committee would appreciate runners writing to them, with their comments on the event, with a view to publishing as many as space permits. Please forward to Festival City Marathon, Box 163, Goodwood 5034 by October 22.



# 1980 FESTIVAL CITY MARATHON

42.2 km Gawler to Adelaide.

Labor Day Weekend Sunday, October 12

Starting Time : 6.00 a.m. Princes Park, Gawler

**PRE-RACE**

**REGISTRATION:** 4.00-5.30 a.m. Princes Park.

**THE ROUTE:**

Gawler Start Victoria Tce, Jerningham St, King St, Cowan St, Murray St, Bridge St, Main North Rd, to Smith Rd (Salisbury), Bridge Rd, Briens Rd, Hampstead Rd, Main North East Rd, Nottage Tce, Main North Rd, O'Connell St, King William Rd, Victor Richardson Drive, Half lap around Adelaide Oval.

**THE FINISH:**

Inside Adelaide Oval from (approx) 8.15 a.m. to 12 noon. All finishers called across the line. Admission to Oval for Spectators -  
50¢ (adults) 20¢ (children under 15)

THE MEMBERS KIOSK AT THE REAR OF THE MEMBERS STAND WILL BE OPEN FOR LIGHT REFRESHMENTS FROM 9.30 A.M.  
THE MEMBERS BAR WILL BE OPEN FROM 10.30 A.M.

**PRIZES AND  
AWARDS**

**CEREMONY:** 12.15 p.m. at Adelaide Oval.

**POST RACE**

**DINNER:** Hotel Fantasia, 247 Gouger St. 6.00 p.m. (drinks), 7.00 p.m. (meal). Rest your weary legs and reminisce. \$8.00 for a 4 course meal (plus drinks). Tickets on sale at Marathon Office by Wednesday, October 8. Only limited numbers.





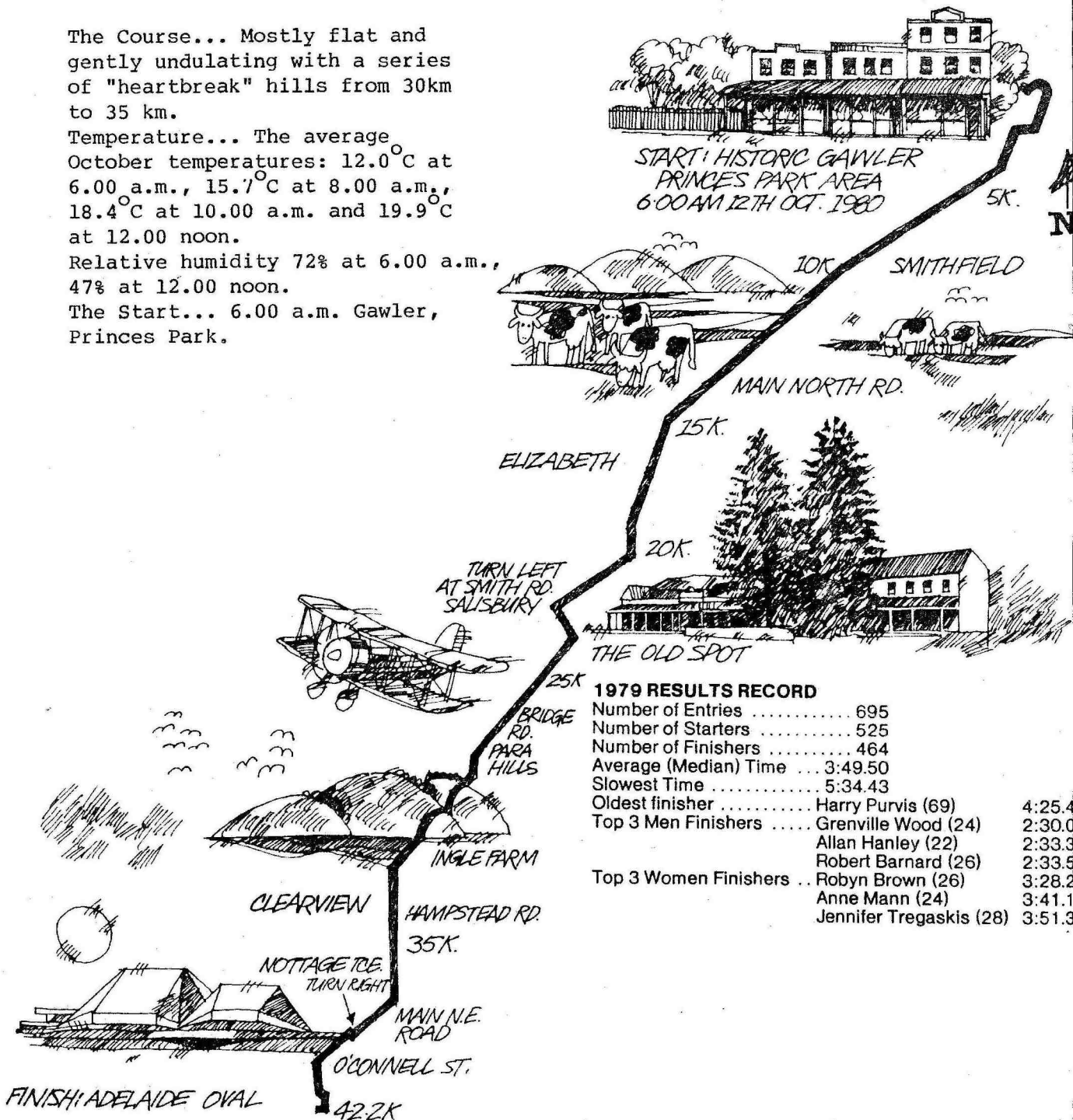
## THE COURSE AND RACE

The Course... Mostly flat and gently undulating with a series of "heartbreak" hills from 30km to 35 km.

Temperature... The average October temperatures: 12.0°C at 6.00 a.m., 15.7°C at 8.00 a.m., 18.4°C at 10.00 a.m. and 19.9°C at 12.00 noon.

Relative humidity 72% at 6.00 a.m., 47% at 12.00 noon.

The Start... 6.00 a.m. Gawler, Princes Park.



### NOTE TO SPECTATORS AND FRIENDS OF RUNNERS

The Police have requested cars not to follow the runners slowly in the two lane section of road between the Gawler By-Pass and Elizabeth. Drive quickly ahead and park in side streets so that through traffic can flow smoothly.

## WELCOME

It is my pleasure to welcome all runners and spectators to the 1980 Festival City Marathon. In only its second year, the event has grown substantially, and this year promises to be one of the great community fitness runs in Australia.

In just a few years, running has become a major social phenomenon, moving from the realm of sport for the gifted few to a healthy way of life for tens of thousands of people of all ages and abilities.

Just as the scope of running has changed, so has the style of running events. Nowadays, we can both salute the speed and grace of the swiftest, as well as the endurance and courage of the slowest. Road running events are unique amongst sports where the world's best can join with any person prepared literally to "step off the pavement"; and each runner complements the other, and each person's goal is equally important.

One such goal is finishing an Olympic distance marathon of 42.195 km.

Running a marathon is an attainable goal and a worthy achievement of any person prepared to set him/herself a regular training program over some months. I estimate that all entrants in the 1980 Festival City Marathon have collectively run one million kilometres in training over the last 3 months (that is, 50 times around the earth's circumference). So here's cheers to all entrants!

And you can be assured that every finisher is a winner in the Festival City Marathon.

Organising a marathon of this size takes a lot of work over many months, and I would like to thank the many hundreds of volunteers involved in this year's event. Special thanks go to my fellow committee members, aid-station personnel, Police Department and all officials, as well as the representatives of our sponsors and agencies, whose services we have used. To all runners, good luck and enjoy the run. To spectators, why not join the run next year?

*B. Abrahams*

BRUCE ABRAHAMS,  
Race Director

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## WHO WILL BE THE SWIFTEST? BY BRIAN CHAPMAN.

It's risky to predict a "good thing" in a Marathon at the best of times, but defending Champ Grenville Wood, looks odds on to capture the second annual Gawler to Adelaide jaunt.

The 25 year old draftsman at Blunt Homes has enjoyed a great winter season capturing the State Marathon and 10 mile road titles and winning a silver medal in the National Marathon.

His time of 2 hours 20 mins in the latter event, held in unfavourable conditions, was a big PB and stamped him as a runner in international class. Thus the only way he can lose is for Olympic Marathon star Robert DeCastella to submit a late entry or for Wood to trip over and be trampled by the other 1000 odd starters in Gawler.

Although he and his new coach, Otto Arens, have elected to skip the Fukuoka Marathon in December, don't bet on Wood running sub 2.20 here. He will win as easily as he can.

If Wood has an off day, it will develop into one of the most thrilling Marathons of all time as a bunch of evenly matched stars try to seize the New Zealand trip that goes with victory.

Alan Hanley, a State Marathon rep, has had atrocious luck this year with injuries and accidents preventing him from cracking 2.25; however he is now over the worst and with his style more unorthodox than ever he will be up with the lead pack.

Enigmatic Bob Barnard has dropped out more Marathons than he has finished, but don't write the Parks fitness instructor off, he has had a 2.29 under his belt and at 27, his best is yet to come.

Interstaters, Martin Thompson (Vic), Ian Graves (N.S.W.) and Geoff Moore (ACT) will be out to justify their pre-race records. Thompson, from Traralgon, coaches 2.11 Marathoner Gary Henry and if any of his advice has rubbed off on himself he will be among the medals.

Graves starred in the N.S.W. Marathon, clocking 2.25 but this is a tougher course. Moore, a former South Australian, has a 2.29. but everthing would have to be perfect for him to repeat.

Long shots would include State silver medalist Gerry Hicks, who is certain to be first Veteran home, Malcolm Mackay who has maintained a low profile since his stunnung 2.39 debut in Whyalla last April, State rep's Steve Guy, and Dave Martin, and former marathon ace Darryl Turner.

The womens race looked a mortgage for Desiree Letherby before the City-Bay, where she met her match in dynamic Maureen Moyle. Letherby, 34, the State Marathon Champion and runner up in this race last year, won the National 10km Road Race in Canberra last month and is in brilliant form. She should break her own State record (2.56) and looks to have a bright future.

Moyle entered the Marathon immediately after winning the City-Bay Fun Run; she is inexperienced and the last 10km. may find her out.

Defending Champ Robyn Brown has shown indifferent form this year because of injury and an extended holiday. However she has excellent pace judgement and will be ready to pounce if the leading two die.

Of the others, State rep Leonie Lawson seems most capable of approaching 3.20.

The One Tree Hill runner is a tough competitor and will not be run down easily.

As a long shot, keep your eyes open for a honey blonde with long stride, I have seen her training on Greenhill Road, wears cut off jeans and a pink shirt, and is undoubtedly another Letherby.

Good luck, all.

## "THE LONELINESS OF IT ALL." , .....

Sunday October 12th at 6.00a.m. sees the start of the second Festival City Marathon, from Gawler to Adelaide.

More than eight hundred entrants will pound the pavement from between 2 hours and 6 hours for just one thing-- the thrill of finishing a Marathon.

But what of the organisers?

Obviously only runners take a real interest in organising such a mammoth event. The two hundred volunteers, the 70 trestle tables, the 2,500 litres of water and dilute fruit juice, the 12,000 paper cups, the 2,000 sponges, the start and finish lines, the Tee-Shirts, the St.John's ambulance, the police department- it goes on and on.

They too want to finish the marathon.

On October the 5th, the week before the "Big One" will see Bruce Abrahams, Brenton Hancock, Mike Brennan and Dave Walker set off on their attempt to finish their Festival City Marathon.

They will not be running with the rest of the fold, they will not be having aid stations placed every three kilometres, Police protection, St.John's Ambulance assistance; all they will have is thoughts of final organisational plans for the "Big One" and the loneliness of it all.

If you see them on the road on Sunday October 5th, give them a wave, and a cheer. They might need it.

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## PRIZES AND AWARDS (CEREMONY 12.15 PM)

All finishers receive a special "finisher" cloth patch\*, finisher certificate, race results booklet and a proof of a photograph crossing the line (mailed with in one month).

All finishers in less than 6 hours have two chances for \$500 QANTAS overseas travel with interstate connection by ANSETT. Runners must be present at the award ceremony to claim the prize.

The first man and first woman receive winners' trophies.

The first South Australian man and first South Australian woman receives \$400 QANTAS overseas travel with interstate connection by ANSETT.

First, second and third in each age/sex division receives an engraved medallion.

Team Awards for men's and women's teams in 3 categories:

1. Athletic Clubs.
2. Community/Sporting Runners Groups.
3. Services/Work/Trade Union Groups.

The first three runners to finish for their team will receive a medallion.

Note: there is no restriction on the size of each team.

There will be many more awards and gifts for finishers as sponsors come forward (such as gift vouchers, running products, discounts etc.). Runners must be present at the award ceremony to claim the prize.

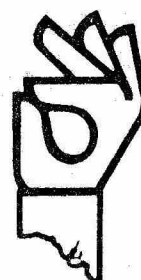
A SPECIAL RANDOM DRAW PRIZE AMONG FINISHERS IS A SIMMONS BED OF THE PERSON'S CHOICE DONATED BY THE SIMMONS BEDDING CO.

(This could be a bed up to \$1000 in value).

**\*NOTE: LATE CHANGE**

In place of the "finisher" cloth patch, all finishers will receive instead a unique "finisher" T-Shirt jointly awarded by the Distance Runners' Club of South Australia and "South Australia. It's Our State Mate".

# South Australia. It's our state, mate.



UNIQUE FINISHER TEE SHIRTS



RUNNERS MUST BE PRESENT AT THE AWARDS CEREMONY  
TO CLAIM RANDOM DRAW PRIZES



## MARATHON NOTES

### A FIRST FOR AUSTRALIA?

The Festival City Marathon may be the first marathon in Australia to be run in two sections one week apart. On October 5, Bruce Abrahams (Race Director), Mike Brennan (Finish Co-ordinator), Brenton Hancock (Aid Stations Co-ordinator) and Dave Walker (Computer Operator) will run the "Officials' Festival City Marathon". The runners will start at 6.00 a.m. in Gawler and be followed by a mobile aid station and timer. Results will be merged the following week.

### What is the History of the Marathon?

In 490BC, Pheidippides ran from the battlefield on the plains of Marathon to Athens to announce victory of the Athenians over the Persians. He then died (possibly due to lack of aid stations).

The first modern Olympics in 1896 scheduled a long distance event to commemorate Pheidippides' feat. The distance of the event was standardised in 1924 as 26 miles 385 yards (42.195 km), being the distance of the Olympic Marathon in London, 1908.

### What are the World's Best Times?

Derek Clayton of Australia holds the world's best time for a man - 2 hours 8 minutes 34 seconds (1969). Greta Waitz of Norway has the world's best time for a woman - 2 hours 27 minutes 33 seconds (1979).

Clayton's time is one of the longest standing athletic records in recent years. Greta Waitz's time would have <sup>won</sup> all Olympic Marathons up to 1948.

There is still no Olympic Marathon for women despite the upsurge in participation by women in distance running. The Festival City Marathon this year has around 50 women entrants (twice that of 1979) which is about the size of the total entrants in the South Australian State Marathon Championship 3 years ago.

### Why is Marathon Running so Popular?

The Marathon is a challenge to runners of all abilities to undergo sufficient training and to be able to judge their own pace during the run to finish. It is a great personal challenge just to finish.

### What Sort of Training is Required?

A person needs to be running regularly for at least 9 months prior to the marathon. An ideal schedule builds up to around 100kms/week or 9 hours/week in the 2 months prior to the marathon. Not all runners undertake such a schedule. Those who train less must slow their pace, otherwise they risk "hitting the wall" before the finish.

### What is "the wall"?

This is the point in a marathon when the runner's energy reserves are depleted and he/she slows dramatically. It often comes suddenly around the 20 mile mark (just before Grand Junction Rd) and is caused by insufficient training and/or starting at too fast a pace. Have sympathy!

### What about the Weather?

A hot day is the worst possible day for a marathon. Hence the early morning start. The best day for runners is the worst day for spectators.

### Why the Drink and Aid Stations?

Marathon runners heat up throughout the run and can lose up to 2 litres of fluid per hour. It is essential to drink fluid and sponge regularly. Drink stations are placed every 3 km so that runners can drink at least every 20 minutes.

### Who is staffing the Aid Stations?

Volunteers from a wide range of organisations. Each organisation is responsible for an aid station and is encouraged to add an individual touch. Some will be playing music. The water and dilute orange juice for runners is provided by Berri Fruit Juices, one of our sponsors.





Australian distance running champion Desiree Leatherby jogging yesterday with her children Andrew and Teresa.

## 'Fun run' mum now world class

By PETER HAYNES

**An Adelaide mother who took up running only two years ago "to get fit" is Australia's hottest distance star.**

Desiree Leatherby, 34, the mother of two school-age children, added to an already impressive list of achievements by winning the gold medal at the national 10-kilometre road running titles in Canberra at the weekend.

And the win may have earned her a trip to Puerto Rico to represent Australia in the world 10 kilometre championships in November.

But for the Guyanan-born mother of Teresa, 8, and Andrew, 6, running originally was just a way of getting fit.

"I didn't do any sport at all as a girl," she said.

In her first major outing — the 1978 City to Bay fun run — she completed the 12-kilometre course in 45 minutes to be the fourth woman to finish.

After wins in two more fun runs, the Amateur Athletics Association of SA asked her to consider running seriously.

She has since become the first Australian woman to complete a marathon in under three hours, winning the State title this year in 2:57.13.

Desiree said her ambitions were to run in the Boston Marathon, where competitors had to run a marathon in less than 3.10 to qualify, and to keep running as long as she could.

"If possible, I'd like to keep running until I'm old and grey," she laughed.



# Frenzy of the long-distance runner

By HUGH POLKINGHORNE

An athlete can become a near nervous wreck by approaching marathon running in the fashion of Grenville Wood.

And that is no insult to the dedicated and quietly spoken winner of the State marathon and 10-mile road race events here this year.

Wood, winner of last year's 42-kilometre Festival City marathon from Gawler to Adelaide, places prime importance on mental attitude before each race.

The 25-year-old draftsman, silver medallist in the national marathon at West Lakes in July, takes his long-distance running very seriously.

"To me the period before a marathon is like a countdown — two weeks ... one week ... one day ..." he said yesterday.

"Each day you get more and more fidgety until you work up to a near frenzy."

People up early enough can see Wood's state when he starts at 6 a.m. on Sunday with nearly 900 other entrants in this year's Festival City marathon.


The 42.2 kilometre race will begin from Princes Park, Gawler, and continue along Main North Road, Smith Road, Bridge Road, Hampstead Road and O'Connell Street to Adelaide Oval.

When they go through the Victor Richardson Gates, runners will have to complete a half-lap of the oval before finishing.

Wood, who averages 160 to 180 kilometres a week at training, won in 2 hr. 30 min. 8 sec. last year, with the last entrant coming in at 5:34.43.

Also competing are established runners — both athletic and political — John Bannon, Leader of the Opposition, and Robin Millhouse, SA leader of the Australian Democrats.

SA women's marathon record-holder Desiree Leatherby, 34, is favored to be the first woman to finish.



Grenville Wood practising for the 1980 Festival City marathon in the East Parklands yesterday.