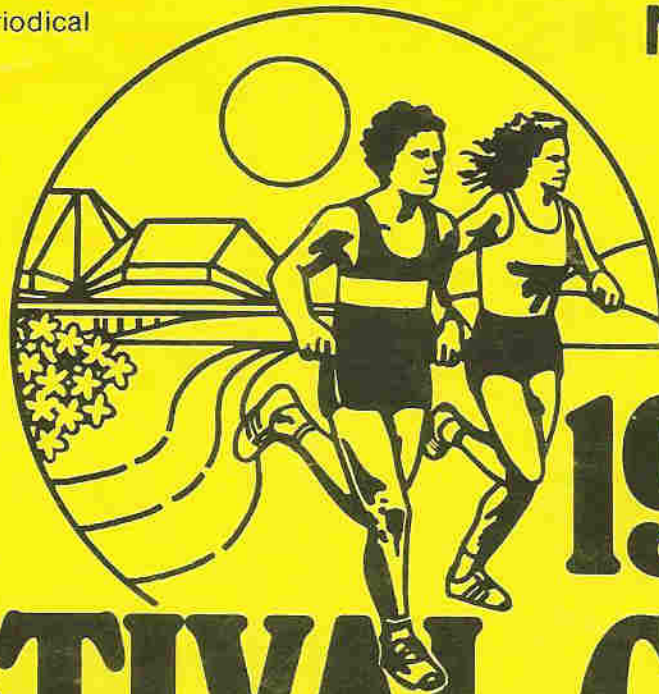


Festival City Runner

Registered for Posting as a periodical
— Category 'B'

NOVEMBER
1980

PRICE 50c



1980 FESTIVAL CITY MARATHON

42.2 kilometre Gawler to Adelaide
Labor Day Weekend
Sunday October 12

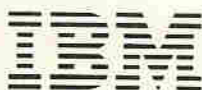
RESULTS RECORD

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Festival City Runner

NOVEMBER 1980

Journal of the Distance Runners' Club of SA Inc (DRC)

The Distance Runners' Club of South Australia Inc.

The Distance Runners' Club of South Australia is a Specialist Club affiliated with the Amateur Athletic Association of South Australia. Membership is open to all registered Amateur Athletes who are members of affiliated clubs. Enquiries regarding registration and club membership can be made with Brian Chapman, Executive Director AAASA, Olympic Sports Field, Kensington, 5068. Phone 332 8352.

President of the D.R.C.: Phil Afford, P.O. Sandy Creek, 5350. Phone 25 9812 (w) (085) 24 4149 (h).

The DRC is responsible for the organisation of some Saturday afternoon competitive runs from April to October in conjunction with the AAASA and affiliated clubs.

The Festival City Runner

Journal of the Distance Runners' Club of S.A. Inc. This issue distributed to entrants in the 1980 Festival City Marathon and members of the D.R.C. Additional copies 50¢ or \$1.00 (inc. postage).

Another issue of the Festival City Runner will be produced in March, after which D.R.C. membership registrations for the 1981/82 season is due.

Editor: Bruce Abrahams, 30 High St, Glenelg 5045. Phone 294 3248 (h).

The 1980 Festival City Marathon

The 1980 Festival City Marathon has been organised by a committee of the Distance Runners' Club of SA Inc Bruce Abrahams (Convenor), Jean Beaumont (Treasurer), Ray Beaumont, Mike Brennan, Brian Chapman, Brenton Hancock, Dave Walker, Maureen Cooke (Administrator).

Postal Address: 30 High St., Glenelg 5045

1980 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, Maureen Cooke, Sylvia Ferris, Jan Vade.

Computer: Dave Walker (using IBM 5120)

Announcer: Brian Chapman

Awards: Ray Beaumont

The 1981 Festival City Marathon

The 1981 Festival city marathon and associated clinics and training forums will be organised by the newly formed South Australian Road Runners Club Inc.

Membership will be open in January 1981 to any person interested in long distance running as a sport and a means of healthy exercise.

All entrants in the 1980 Festival City Marathon, DRC members and Run South Australia Run Clinic members will be contacted in January 1981 with further information about the Club and membership application forms.

Enquiries can be made with:

President: Bruce Abrahams, 30 High St. Glenelg 5045, Phone 294 3248

Secretary: Tony Ashwell, 19 Leabrook Drive, Para Hills 5096, Phone 258 0159

Education and Training Committee

Convenor: Helen Morris 12 Thistle St, Hallett Cove.

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CONGRATULATIONS TO ALL FINISHERS

And my best wishes next time to all other entrants who did not make the finish line this year.

By all accounts the 1980 Festival City Marathon was a great success.

Of 909 entrants, 726 started the event and 691 finished. This is a 95% completion rate which is possibly the highest of a large-entry field in Australia.

The overall standard of finish times showed a significant improvement over 1979. There were 69 sub-3-hour times (24 in 1979) and the median time was 3:36.35 compared with 3:49.50 in 1979.

Yet the spread of finish times was greater, indicating a wider range of distance running abilities.

In particular, participation by women distance runners was much greater and of higher standard than 1979.

The organisation of the 1980 Festival City Marathon started immediately after the 1979 inaugural event. Special thanks are due to my fellow Committee members for their time and patience.

On Marathon Day itself and during the immediate

days preceding, many hundreds of helpers were involved. To aid station personnel, Police, St. John Ambulance, Australian Citizen Radio Monitors, RAAF and all other officials as well as our sponsors, thank you very much indeed.

Almost universally, runners have praised your enthusiasm and goodwill.

Next year, I have proposed a possible change of date, principally to avoid the inevitable hot-weather (and the associated early start), as well as the unfortunate clash with the Big M.

The most likely date is early August which will enable cooler, safer weather conditions, a later start and more spectators, as well as the opportunity for both S.A. and Victorian runners to enter the big event of each State.

The final decision will be made in late November by the organising committee after consultation with sponsors and other authorities concerned.

Bruce Abrahams
Race Director



Study of runners at the start 5.58 am October 12, 1980.

UP FRONT

By Brian Chapman

The 720-odd who toed the line at Gawler on October 12 were greeted by sub-10 degree temperatures, intermittent rain and the eerie half-light of dawn.

Pre-race prognostication had state champ and national silver medalist, Grenville Wood, a prohibitive favourite. However strong support had also been expressed for "iron man" Bob Lange, making his marathon debut, and super-vet Gerry Hicks, 47, who was rumoured to be "burning" on the training track.

On the women's side, it was a matter of "How far, Desiree?" with the news that potential threat Maureen Moyle had opted to run just to finish with a 3.15 in mind. A late entry from 3.04 marathoner, Linda Thompson, heightened speculation about a close race but it was not to be. Off they went at the end of the countdown, wave upon wave of runners with varying degrees of fitness and aspiration. Alan Short, in his Easy Rider-style wheelchair, brought up the rear as the mob surged into the semi-darkness.

At the mile (5 min's 28 sec's), Malcolm Mackay of the local Flinders Club and Sydney-sider Ian Graves were disputing the lead about 20 metres ahead of a 15-strong pack containing all the "guns".

Injury had forced the 21 year old Mackay to lay low for six months following his splendid third place (first South Australian) debut at the Whyalla Marathon in May. However today he looked fresh and confident as he built up a 30 metre lead to pass the 5 km. mark in 17.30. The strongly built Graves, 36, now in second spot, had won a NSW marathon earlier this year in 2.25 and was obviously not to be discounted. However most still felt the eventual winner would emerge from the chasing pack, now reduced to nine members and trailing by 150 metres (18.05 at 5 km.). Sheltering from a cross-wind that would eventually develop into a nasty head-wind were Wood (Western Districts), Lange (Enfield Harriers) and Hicks (Veterans/Adelaide Harriers) together with state marathon team rep's Dave Martin (AH), Alan Hanley (WD), the vastly-improved Roger Frisby (AH), SA 800 metre ace Mike Farrelly (Central Districts), former Victorian star Martin Thompson and unknown Tony McCool of Aldgate. They were followed in single file by impressive novice marathoner Liam Hanna (AH), former Enfield ace Brian Whinnen (Canberra) and Whyalla's veteran champ Iain Dobbie.

Letherby, the national 10km titleholder led the women through the 5 km. in 21.30, some 70 seconds ahead of Thompson and 1979 Festival City Marathon champion Robyn Brown (EH).

Then followed newcomer Avis Pearce (23.45) and promising Josie Mifsud (24.35). At the 10 km. mark in Smithfield, Mackay was looking good at 34.16, ten seconds ahead of the equally impressive Graves.



From one marathoner to another. John Bannon, leader of S.A. Opposition probably the fittest politician in Australia (2:50.43), congratulates Desiree Letherby, first woman 3:01.23.

The trailing pack had now disintegrated to Wood, Lange, Hanley and Frisby while Whinnen had moved up to join them. At 34.40, this quintet was already closing on the two breakaways.

Hicks and Farrelly had now teamed up to pass 10 km. in 35.24, ten seconds ahead of Thompson. Then followed McCool (35.50) and Martin (35.57).

Letherby had not pulled away from her pursuers at all as she passed 10 km. in 41.43 ahead of Thompson and Brown (43.04), Pearce (46.16), Mifsud (46.30), a relaxed looking Moyle (47.18) and state rep. Linda Lange (48.10).

A dramatic change came over the race as the leaders passed through Elizabeth.

As expected hot favourite Wood began to assert his superiority, passing Graves at 16 km. and catching Mackay by 18. At that stage Wood looked in excellent shape and a certain winner.

Behind them Hanley had tacked on to Graves, then followed a lone Frisby and further back Hicks and Farrelly.

Lange pulled out in Elizabeth and Whinnen seemed to have no answer as the moves were made left, right and centre.

At the halfway post coming out of the dip at the Old Spot Hotel, however, young Mackay had sensationally broken away again. He passed in exactly 1 hour 12 minutes, just 26 seconds ahead of Wood who, it was later revealed, began to suffer stomach cramps. Graves was next at 1:12.34 ahead of the plucky Hanley (1:12.40), a resurging Whinnen (1:13.00), Frisby (1:14.30), Hicks and Farrelly (both 1:14.50), a distant Thompson (1:16.28), Hanna and Canberra runner Ross Burns (both 1:17.10), then Dave Martin (1:17.30).

Letherby led the women more comfortably now, passing the halfway mark in 1:28.29. Brown was emerging as her real danger, clocking 1:31.12, with Thompson (1:31.40) looking determined, Mifsud

stopping at 1:34.56, then Pearce (1:37.04) and Moyle (1:39.00).

The real sensation came at "The Wall", the 20 mile mark at the base of the Bridge Road hills.

Graves, then Hanley, had surprisingly passed the cramp-plagued Wood back in Para Hills and now they went by Mackay who had apparently started too quickly. The two new leaders passed 20 miles in 1 hour 50 minutes, just 30 seconds ahead of Mackay.

Wood took one look at "The Wall" and decided to call it a day at 1:51.50. Thus it was the unheralded Whinnen (1:52.30) who came over the top in fourth place, followed by the still-cooperating Hicks and Farrelly (1:55). Frisby who had also "over-started" decided to sit out "The Wall" till 1981, but Hanna (1:57) and Thompson with Burns (1:57.25) came over the top in good shape.

The last 10 km. was exciting stuff as Graves, looking more like a ruck-rover than a marathoner, gradually eased away from the flailing Hanley. At Regency Road, the margin was 30 metres, by the parklands 80 metres and at the finish 200 metres.

Graves recorded a good 2:27.03 to take three minutes off Wood's 1979 race record. Apparently he turned to marathon running five years ago after an undistinguished career over the shorter distances.

Hanley came back to form with a vengeance clocking 2:27.46, just short of his PB. Since his year had been ruined by injury — they even found him laying semi-conscious on a railway track on one occasion — his was a superlative performance.

Mackay slugged on well for his 2:32.52 and third spot. A seven minute PB, the performance stamped the youngster as SA's brightest hope on the marathon scene since Grenville Wood emerged in 1974.

The consistent Hicks unshackled himself from Farrelly late in the piece and actually gained four minutes on Mackay over the last 10 km. to fly home in 2:33.36. For Hicks, runner-up in the state title marathon this year, the prize as first veteran to finish was a well-deserved reward. Whinnen (2:34.05) "died" over the final kilometres but is nevertheless one to watch.

Besides Hicks, the biggest moves of the race came from Darryl Turner (2:35.16) and George Tallis (2:35.27) who both came "from the clouds" to record PBs, Tallis by 11 minutes.

Burns (2:35.34), Thompson (2:36.05) and Hanna (2:36.30) plugged on courageously while Andrew Both (2:37.33), 19, was the first junior to finish.

Martin and, predictably, Farrelly both tied up badly over the last 10 km to just miss the 2:40 barrier, the qualifying standard for the 1981 National Marathon Championship.

The women's division saw outstanding results. Four runners came in under the state record that pioneer marathoner, Sipra Lloyd, set just one year ago.

Letherby, complaining of "lifeless" legs, coasted home in 3:01.23, four minutes outside her best time, but impressive enough at the end of a heavy winter racing campaign. The popular 34 year old dynamo will now



Ian Graves from N.S.W. First across the line, 2:27.03.

take a two week rest before embarking upon another buildup for the World Cross-Country Trials in February.

The mad rate of improvement that women's marathoning here is experiencing can perhaps best be seen when one considers that Letherby took an awesome 28 minutes from Robyn Brown's winning time of last year.

For her part, Brown could be well satisfied with 3:06.27. Her preparation was hindered by injury and a holiday, and a 13 minute PB (she ran 3:19 on the fast West Lakes course) is great whichever way you look at it. Avis Pearce plodded on mercilessly to pick up Thompson in the late stages and record an impressive 3:13.17. That performance stamps her national-class material and gave Enfield Harriers the enviable title of first club to provide 1st, 2nd and 3rd in the Festival City Marathon. Thompson's 3:13.55 was a sign of better things to come.

All in all, a great event providing further evidence that distance running, if not marathon running, will be Adelaide's major participant sport by 1985.

EXPOSÉE

by Roger Frisby

I have long suspected that Gerry Hicks is not really 47 years old.

I mean, just think about it. He was second in the State Marathon, won the 100 lapper at Adelaide Harriers in a record 2.28.04, won the Tiki Trophy at Blackwood etc. etc. etc. What a bore! At the Veteran's Host Day he won the Veterans 10 kms. by a street, then ran a good race in the Senior 10 kms straight after, went Square Dancing all night, then went to work (midnight — 8 a.m. shift), then went straight to the Channel 7 Fun-Run on the Sunday morning and placed 5th. You don't believe it? — I don't believe it. Any bloke who can do all that can't be 47 years old.

Well! Finally on Festival City Marathon Day my doubts were proved correct. As Gerry passed me at the sixteen mile mark, I tried to be gracious, but found myself muttering such things as "You miserable old bugger" "Why don't you retire to play with your grandchildren like other decent people of your advanced age" etc.

It was too much for Gerry. His reply was "Don't feel too bad Rog. I'll let you into a secret. I'm really only 25."

Suddenly all of my suffering was worthwhile. I kept mumbling "Gerry is really only 25".



First veteran home. "25-year old" Gerry Hicks aged 47, 4th across the line in 2:33.46.

The moral of the story fellow-runners is this — Give up all plans of retirement and repeat after me, as that bandi-legged old coot disappears into the distance to win yet another race, "Gerry Hicks is really only 25".

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RACE

1980 FESTIVAL CITY MARATHON

STATISTICS

Weather Conditions

	6.00 am	12 noon
Temperature	10.8° C	14.0° C
Wind	W14	SW16
Rain	3.6 mm	

1980/1979 Comparisons

	1980	1979
Entrants	909	695
Starters	726	525
Finishers	691 (95%)	464 (69%)
Sub 3-hour	69	24
Median Time	3:36.35	3:49.50
Range	2:27.03	2:30.08
	to 6:06.23	to 5:34.43
First Marathon Finishers	407	n.a.
Personal Best (incl. First Mar)	618 (89%)	n.a.
Female Entrants	52	27
Female Starters	42	n.a.
Female Finishers	41 (98%)	14

First Three Male Runners

Ian Graves (36)	2:27.03
Allan Hanley (23)	2:27.46
Malcolm McKay (21)	2:32.52

First Three Female Runners

Desiree Letherby (34)	3:01.23
Robyn Brown (27)	3:06.26
Avis Pearce (40)	3:13.17

Random Draw Prize Winners

QANTAS/ANSETT Travel	
Brian Beck	3:32.03
Adrian Dunbar	4:08.18
ANSETT Travel	
Dianne Myles	4:48.08
SIMMONS Bed	
Terry Smith	4:22.06
RUNNERS INN	
Peter Cooke	3:00.05

Team Winners

(Note: only persons who entered as a member of a team are counted)

Athletic Clubs (Male)	
1 Southern Districts	
Henry Early	2:41.30

Trevor Mitchell	2:41.42
Roy Sutcliffe	2:50.12
2 Whyalla Harriers	
Peter Hendry	2:42.12
Alan Bain	2:49.58
Edward Drew	2:59.32
3 Adelaide Harriers	
David Martin	2:40.11
Terry Maloney	2:43.07
Paul D'Amico	2:59.40

Community/Sporting/Runners Groups (Male)

1 Centre for Physical Health	
David Walker	2:47.03
Peter South	2:47.52
David Parrott	2:48.54
2 'Officials' Team October 5	
Michael Brennan	3:18.09
Brenton Hancock	3:23.01
Bruce Abrahams	3:23.47
3 Alice Springs Fun Runners	
Terry Bell	2:52.23
Noel Harris	2:59.45
Peter Dean	3:39.59

Community/Sporting/Runners Groups (Female)

1 Women Road Runners	
Glynn Boyce	4:15.26
Elva Abrahams	4:53.06
Sue Forth	4:53.06

Services/Work/Trade Union Groups (Open)

1 Seaton High Road Runners	
Robyn Brown	3:06.26
Ross Martin	3:14.43
John Snelling	3:16.19
2 Northfield High	
Morris Allen	3:01.00
Gordon Cawrse	3:19.58
Peter Amey	3:23.16
3 Serg Heart Throbs	
Trevor Wiseman	3:17.56
Wayne Hoffman	3:24.30
Mark Nitschke	3:24.30

Services/Work/Trade Union Groups (Female)

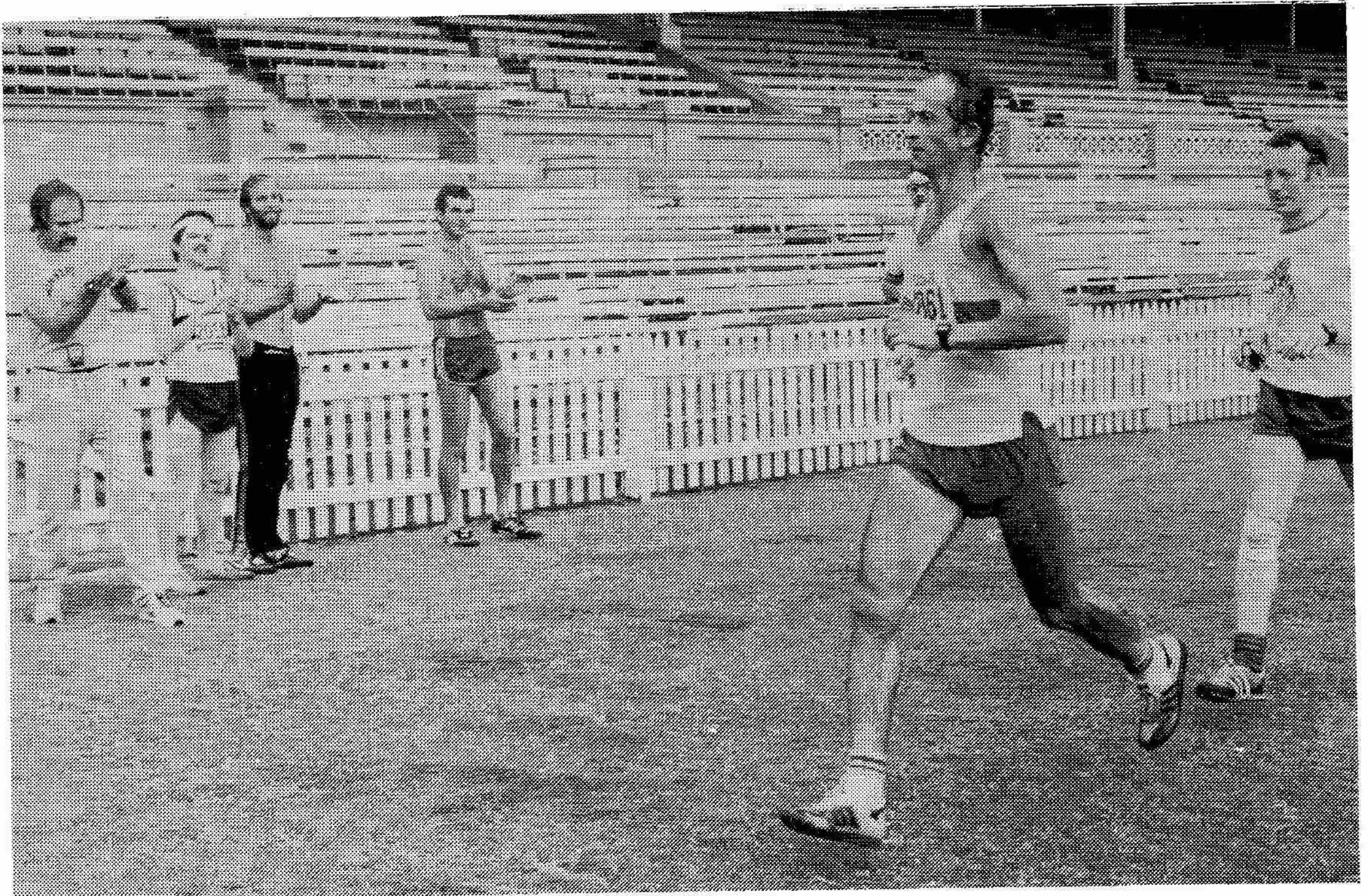
1 Women Teachers	
Helen Morris	3:36.54
Mary Rhodes	3:58.56
Jennifer Dabinett	4:15.02

DIVISION WINNERS

Abbreviations Used:

Female	Age Range	Division
	Under 20 years	F19
	20-24 years	F20
	25-29 years	F25
	30-34 years	F30
	35-39 years	F35
	40-44 years	F40
	45-49 years	F45
	Over 50 years	F50
Male	Under 20 years	M19
	20-24 years	M20
	25-29 years	M25
	30-34 years	M30
	35-39 years	M35
	40-44 years	M40
	45-49 years	M45
	50-54 years	M50
	55-59 years	M55
	60-64 years	M60
	65-69 years	M65
	Over 70 years	M70
	Wheelchair	WCH

DIVISION	POS	NAME	AGE	TIME
F19	1	TANIA ARENS	15	4:16.06
F20	1	CATRINA SMITH	24	4:17.35
F20	2	PAT MICKAN	23	4:45.02
F20	3	LEANNE MICKAN	22	4:45.02
F25	1	ROBYN BROWN	27	3:06.26
F25	2	LINDA THOMPSON	26	3:13.55
F25	3	MAUREEN MOYLE	25	3:16.10
F30	1	DESIREE LETHERBY	34	3:01.23
F30	2	MARIE WILLIAMS	30	3:45.13
F30	3	MARILYN WILLOUGHBY	31	3:57.15
F35	1	MARY RHODES	37	3:58.56
F35	2	JANE BROWN	39	4:04.07
F35	3	GLYNN BOYCE	38	4:15.26
F40	1	AVIS PEARCE	40	3:13.17
F40	2	LEONIE LAWSON	43	3:46.14
F40	3	MARGARET FIELD	44	4:18.22
F45	1	SHEILA MALBUT	46	3:55.35
F45	2	JOSIE ROBERTS	47	4:32.30
M19	1	ANDREW BOTH	19	2:17.33
M19	2	GRANT HEPENSTALL	16	3:02.17
M19	3	RISTO KAHELIN	17	3:16.33
M20	1	ALLAN HANLEY	23	2:27.46
M20	2	MALCOLM MACKAY	21	2:32.52
M20	3	GEORGE TALLIS	23	2:35.27
M25	1	BRIAN WHINNEN	26	2:34.05
M25	2	ROSS BURNS	28	2:35.34
M25	3	GIULIO ELISEO	29	2:47.02
M30	1	DARRYL TURNER	34	2:35.16
M30	2	MARTIN THOMPSON	34	2:36.05
M30	3	DAVID LOVATT	34	2:39.26
M35	1	IAN GRAVES	36	2:27.03
M35	2	LIAM HANNA	36	2:36.30
M35	3	JOHN CARLTON	37	2:40.41
M40	1	RODGER BARBER	42	2:49.92
M40	2	DONALD SPENCER	44	2:53.39
M40	3	CHRISTOPHER WOODS	40	2:54.07
M45	1	BERRY HICKS	47	2:33.36
M45	2	JOHN PERRY	46	2:50.23
M45	3	WILLIAM KIRKWOOD	48	2:55.20
M50	1	ROY SUTCLIFFE	51	2:50.12
M50	2	GEOFF SEAGRIM	52	2:59.00
M50	3	ROBIN MILLHOUSE	50	3:11.45
M55	1	ROSS BLANCHARD	57	3:08.41
M55	2	VICTOR BRADLEY	55	3:55.08
M55	3	ROBERT DAVIE	58	4:00.11
M60	1	HARRY SNELGAR	64	3:34.59
M60	2	RAYMOND YOUNG	60	4:34.36
M60	3	THOMAS BARRY	61	5:05.59
M65	1	RICHARD BRYANT	69	3:46.56
M65	2	JAMES GROAT	65	4:05.53
M65	3	CYRIL NANCARROW	65	4:50.00
M70	1	HARRY PURVIS	70	4:50.00
WCH	1	ROBERT TURNER	26	3:19.24
WCH	2	ALAN SHORT	50	5:34.30



October 5, 1980 9.23 am and 47 secs. Race Director running 4th in the "Officials" Festival City Marathon.

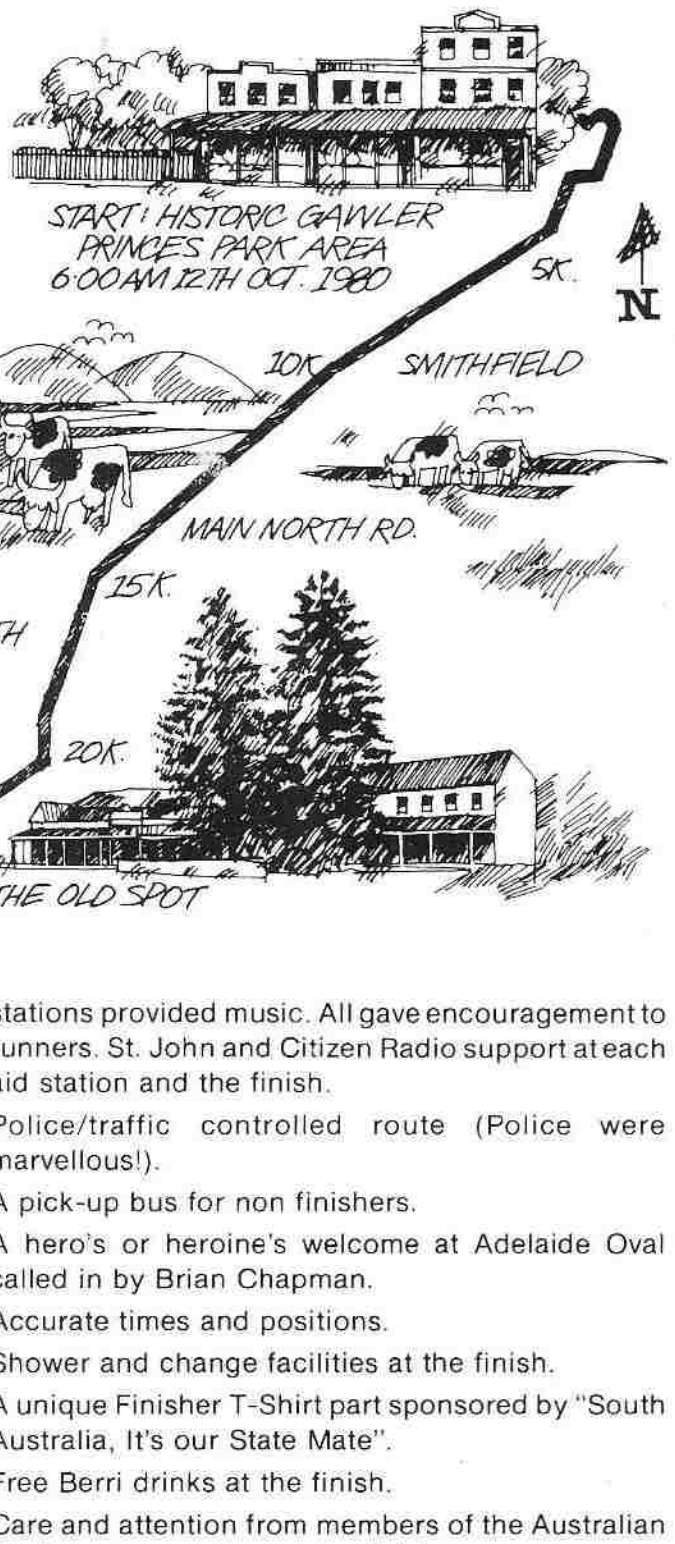
FOR THE RECORD

by Bruce Abrahams

Was it all worth it? Does it really cost \$5.00 per runner to organise a marathon? In fact, the budget for the event was around \$30,000 taking into account sponsors' direct and indirect contributions (for instance, Channel 7 provided over \$7,000 worth of air time) — and that is about \$33.00 per entrant! And this is **not** counting such items as Police and St. Johns time which was enormous and without which such community events could not function.

For the record, and to refresh your memories, this is what you received for your entry fee:—

- Training notes and discount vouchers
- Free admission to 8 Training Forums at the YMCA. Several hundred persons attended.
- Opportunity to join Sunday morning clinic training runs from April including several races (e.g. The City of Adelaide Half Marathon), pack runs, time trials and "bus runs" (one or two buses were hired to drop runners off along the marathon route to run in). Around 100 runners attended each Sunday, probably 200-300 different persons. Many stayed for a muesli breakfast afterwards.
- An accurately measured course marked clearly every kilometre.
- A pre-race Programme listing all entrants.
- Opportunity to gorge yourself at a Carboloading dinner the Friday before.
- On Marathon day, a coach ride to the start. 270 runners used this service.
- Gear transported to the finish.
- A large undercover start marshalling area by courtesy of the Gawler Greyhound Racing Club. Toilet Facilities.
- A 6.00 am (precisely) start in the cool of the day.
- 13 aid Stations along route with water, diluted fruit juice (donated by Berri) and sponges. Some aid



stations provided music. All gave encouragement to runners. St. John and Citizen Radio support at each aid station and the finish.

- Police/traffic controlled route (Police were marvellous!).
- A pick-up bus for non finishers.
- A hero's or heroine's welcome at Adelaide Oval called in by Brian Chapman.
- Accurate times and positions.
- Shower and change facilities at the finish.
- A unique Finisher T-Shirt part sponsored by "South Australia, It's our State Mate".
- Free Berri drinks at the finish.
- Care and attention from members of the Australian Podiatry Association at the finish.
- Canteen/bar facilities at the finish.
- Over \$2000 random draw prizes from QANTAS, ANSETT and SIMMONS BEDDING.
- Division and team prizes presented at Awards Ceremony.
- A finish certificate.
- A finish photograph.
- A results record booklet.

The event is organised to ensure the best possible arrangements for all runners. The safety and comfort of runners is paramount. If you can think of other services, please let me know and we'll try to arrange it for 1981 (Martin Thompson has already suggested a free banquet for finishers in the European tradition — are there any sponsors out there?)

See you in 1981!

THANK YOU

Channel 7, Qantas, Ansett, Berri Fruit Juices, IBM Australia, Simmons Bedding Co, Runner's Inn, "South Australia. It's our State Mate.", YMCA Adelaide, Sports Administration Centre, S.A. Police, St. John Ambulance, Labor Day Celebration Committee, Amateur Athletic Association of S.A., Distance Runners' Club, Adelaide Harriers, Gawler District AAC, Central Districts AAC, Salisbury AAC, Tea Tree Gully AAC, Enfield Harriers, Sri Chinmoy Centre, St Agnes Community Health Centre, Pembroke School, RAAF Edinburgh, Gawler Rotary, Gawler Greyhound Association, Gawler College of Further Education, BP Australia (Petroleum Jelly), Uniroyal (Gearbags), Woodroffe Sheet Metal Pty Ltd (use of truck), Councils and Corporations of Gawler, Munno Para, Elizabeth, Salisbury, Prospect, Enfield, Walkerville and Adelaide, Australian Citizen Radio Monitors, Australian Podiatry Association, Adelaide University Centre for Physical Health, Sustagen, San Remo Spaghetti, B & T Publishers plus all advertisers in Festival City Runner PLUS the many hundreds of helpers and officials.

LETTERS

The organising committee thank all the runners who sent letters after the event. Unfortunately, it was not possible to print all because of space restrictions. Many contained ideas for improvements and changes which will certainly be considered in the planning of next year's event.

Following is a selection of those received:—

As a New Zealander living in South Australia for 12 months, I would like to take this opportunity to congratulate the Distance Runner's Club Marathon Organising Committee on its efforts to promote long distance running. Living in Maitland, I have only been able to take part in the Half Marathon and the Gawler to Adelaide Marathon.

Both were very well organised and there were more refreshment stations than I have encountered in the two previous New Zealand marathons. Markers at each kilometre rather than at five kilometre intervals back home also makes it easier to judge pace.

I must confess that on the way to Adelaide I kept waiting for 'heartbreak' hill to appear. It wasn't until driving back over the route that I realised that there had been quite a steady climb all the way from the Smith Road turnoff.

To all South Australian runners I would like to extend an invitation to enjoy the one-lap, round the lake Rotorua Marathon held in April. Over 2,000 took part in 1979 and most conquered a 'real' heartbreak hill. Soaking in a hot pool after the event is a great muscle soother.

**David Armishaw
Maitland, and Huntly N.Z.**

12 Renner St,
ALICE SPRINGS 5750

The Alice Springs Fun Runners who travelled to Adelaide for the Festival City Marathon recently all agreed it was a wonderful experience to run in so large a group. We would like to thank the Marathon Organising Committee for the excellent organisation which ensured the smooth running of the event.

Alice Springs is to host the N.T. Marathon Championships in late May, 1981, possibly the weekend of the 30-31 May. The second Alice Springs Marathon will be run next August, leaving ample time for sensible training for both events.

Should any of your members wish to travel up to participate in either, or both, of these events, they can contact the Clarke's at the above address, and we will try to arrange billeted accommodation for them.

Yours faithfully,

**Robyn Clarke, Terry Bell, Peter Dean, Noel Harris,
Darryl Clark**

I would like to congratulate the Marathon Organising Committee for such a well planned run. From my boarding the bus at Adelaide Oval to the finish, some 4 hrs 10 mins later, I was consistently impressed by how smoothly everything went. To a novice runner and my first marathon, a point that markedly improved my confidence.

However, my main point in writing is to convey my appreciation to those who manned the aid stations. To first timers they were a god-send. Not just the drink and sponge, but the genuinely friendly words of encouragement. I think that this must have been of the greatest help to my morale.

Finally the police who assisted along the route were a great help — not only for their consideration in stopping all traffic at every intersection for a singularly slow runner like me, but often I noticed they joked with the runners and offered encouragement — again a big plus for morale.

Again thank you — and looking forward to next years run.

Yours sincerely
Trevor Skewes

The Festival City Marathon was my first Marathon, and I would like to congratulate you on the superb organisation. Even the placement of the gear at the oval was impressive — most people were in no state to wander aimlessly around searching for our things, and it was a great relief to find them in some sort of order.

Heartfelt thanks are due to the aid station volunteers — their plight was probably worse than that of the runners because the rain was slanting into their faces most of the time. Nevertheless they were cheerful and encouraging, and much appreciated.

Thanks again for a great experience.

Kevin Clarke (no. 3603)

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*Herb Elliott M.B.E.
Joint Managing Director
Runner's World International*



Runner's World, the authoritative monthly magazine on running and running lifestyle, will be published in Australia from February 1981 as "Runner's World International".

As a Special Introductory Offer the publishers are offering readers of Festival City Runner 15 monthly copies for the price of 12 — this saves you \$12 on the news stand price. Just fill in the coupon below and send it off now with your cheque for \$18 and your subscription will start with the first issue in February 1981.

"Runner's World International" will contain all the best features from the U.S. parent magazine plus articles from leading Australian and overseas sports writers on the local and international running scene. There'll also be special columnists including former Olympic Champion Herb Elliott.

Running enthusiasts will find "Runner's World International" of great interest.

You'll find authoritative articles on exercise, training, motivation, stress, running technique, diet, weather factors in running, drug use and abuse, equipment and products, world and olympic competition, medical commentaries, ultra-marathoning — in fact, every month a huge range of running-associated features to help you achieve your personal running goals.

So take advantage of our Special introductory offer now. The offer closes December 31st 1980.

Complete the coupon and mail to: **Runner's World International, P.O. Box 1605, North Sydney N.S.W. 2060.**

Yes, I am a reader of Festival City Runner and I would like to take advantage of your Special Introductory Offer of 15 monthly copies of "Runner's World International" for the price of 12.

NAME _____

ADDRESS _____

POSTCODE _____

My cheque for \$18 enclosed Bill me later.

I am writing to express my appreciation to you and your fellow Organising Committee members for the tremendous effort put into last Sunday's Marathon.

The whole event from bus ride to Gawler to finish line in Adelaide was one of the most exciting and rewarding things I have ever done and the help and encouragement from people along the way was invaluable.

Long distance running has given me a new perspective and I am certainly looking forward to next year's Gawler run.

Yours faithfully,
Paul Bell.

POSITION VACANT

OK, so you ran the Festival City Marathon. Big deal! Why not next year instead of running, put all that training to good use by volunteering to be the Aid Station Co-ordinator. It's easy. You start along with 5 helpers at midnight on Saturday and you place trestle tables every 3 km all the way to Gawler. When you get to Gawler, you turn around and head back to Adelaide placing, water, fruit juice, sponges etc. on the trestle tables. When you arrive in Adelaide, you turn around and go back to Gawler to start picking up the rubbish. Meanwhile, as Co-ordinator, you scream up and down the entire length of the course in a rent-a-truck making sure everything is going smoothly. You get a hell of a shock when you finish at 4.00 pm Sunday afternoon to realise that you have covered such a distance and could have been driving constantly from Adelaide to Melbourne.

The Marathon — it's easy!

Brenton Hancock
Aid Station Co-ordinator
(now at YMCA Stanthorpe Queensland)

MEDICAL REPORT

Nobody was more pleased than I to wake on Sunday morning to the sound of gentle rain, at least it meant I wouldn't need to be worried about runners collapsing from heat stroke. I felt rather guilty though, following the runners in the Ambulance, I warm and dry and they quite literally wet as shags.

For me the day was really a quiet one which allowed me to enjoy the finish at Adelaide Oval.

It was nice to deal with potentially serious problems only on a "what-if" basis.

May I take this opportunity to thank the St. John Ambulance Association for the extensive support which they offered and also to the Podiatry Association for their care of blistered and debraded feet.

The morning was made complete by my wife completing her first marathon; really great excitement in the Beaumont house!

Dr. Gavin Beaumont
Medical Coordinator

COURSE MEASUREMENT

by Phil Afford, President Distance Runners' Club of S.A. Inc.

Over the past years I have raced over courses measured by car speedo's, with trammel wheels, by accurate survey methods and at times (I feel) by guesswork pure and simple. But does it really matter? The race after all is against the other competitors and the difference in road surface and terrain make it impractical to compare times on different road courses even if we ignore the ever variable weather. Further, runners are notorious for cutting corners (or at least running the minimum distance possible without actually cheating) so even the most accurately measured course will have a "runners path" that is short.

Still as a runner I am too lazy to want to run further than I have to, yet honest enough to feel that I must cover the full distance — I am annoyed by "fast" times over a short course (particularly if I have not run that race) or by being recorded as slower than I actually am because a course is long.

So how do the measuring methods compare.

1) The car odometer, probably the most common method of measuring long distances is very inaccurate. Errors are induced by such factors as tyre pressure and tyre wear changing the rolling radius of the wheel, the action of the differential, wheel spin etc, as well as the difficulty of deciding the exact point on the rotating

disc to start and finish the reading — there are several other errors as well but that will do to illustrate why I have found speedo readings to be up to 5% short (1 in 20) or quite commonly 2.5% short.

2) The Trammel wheel is usually regarded as the last word in accuracy yet if you wheel one of the small hard tyred wheels over the same course several times you may have variations of up to 5 or 6 metres per kilometre caused by wobble, skid and spin. Rubber tyred wheels usually give more repeatable results.

3) Survey with the use of tapes, lasers or other sophisticated equipment obviously gives an accurate course but is slow and expensive — usually out of the question for an amateur body and as I suggested earlier, runners will usually trim a corner somewhere and so negate the whole exercise as a way of having an **EXACT** course.

The method I used to measure the Festival City Marathon was a combination of these methods which I believe is better than any one of them, because while not as accurate as a survey it makes some allowance for the legitimate shortening of curves by runners. As a trammel wheel I used the near-side front-wheel of my ancient Volkswagon. The speedometer of a Volkswagon is driven from this wheel, a marvelous system, as it eliminates any measurement error caused by the action of the differential or by wheel spin.

I removed the speedo cable from the odometer and fitted it into a specially made counter, so that wheel turns are recorded.

Then using a 100m tape, I measured 2 km along a straight section of road, drove over this and measured the number of wheel turns (not forgetting the last fraction of a turn).

After using this to calculate the number of turns for the marathon, I simply drove over the course at a time of low traffic taking care to avoid heavy braking that would cause wheel skid, and trimming the corners as I would if running. Then back to the measured 2 km to check that the calculation was still the same.

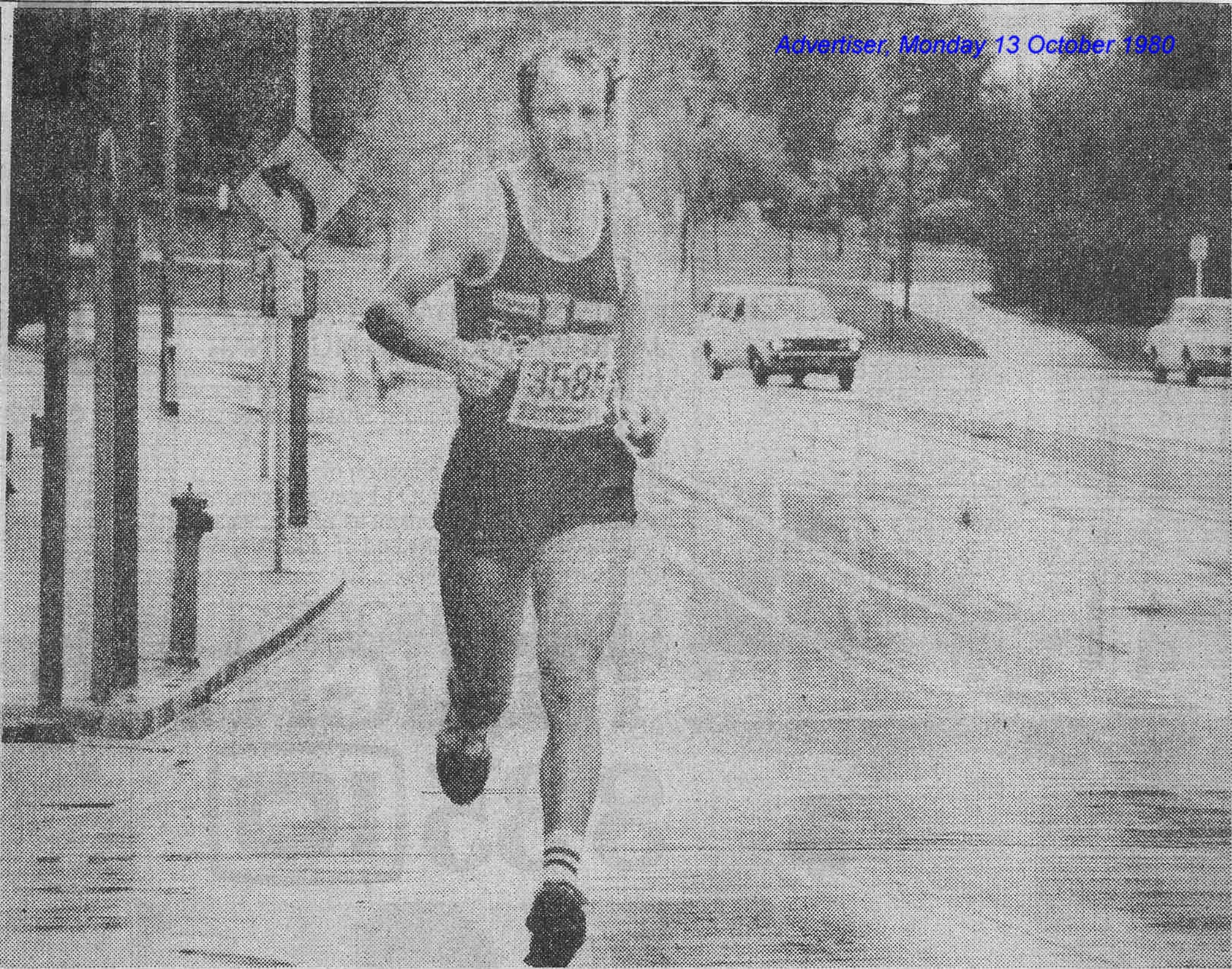
All told, I drove over the course 5 times, from exactly the same starting point (actually the race finish). **The maximum variation between any of these movements was 2 metres.** This doesn't guarantee accuracy (the tape measured calibration 2km gives the accuracy), but it certainly shows that the system gives consistent results.

This year the start and finish were shifted about 250m using a hand trammel wheel at each end, the variation induced by this would be insignificant.

I believe that the Festival City Marathon course is as accurate as you will get. You have run it, now run again next year and the next and the next etc and your times will vary according to your fitness and the weather. We all look for the perfect course on the perfect day when we are 100% fit. This is MARATHONING.



The delight of it all! After 9 months following the Honolulu Marathon Clinic program, Community Health Nurses, Elva Abrahams (402) and Sue Forth (253) cross the line in 4:53.06. Jonathan Abrahams, aged 14, "ran all the way with mum", brings up the rear.



Ian Graves nears the end of yesterday's Festival City marathon.

Marathon man revels in the rain

By HUGH POLKINGHORNE

Ian Graves, 36, a long-distance runner from Sydney, does not mind a spot of bad weather.

"They're excellent conditions to compete under — I love it," he said yesterday.

Graves had just won the gruelling 42-kilometre Festival City marathon from Gawler to Adelaide in a time of 2:27.03 — and he was wet through.

So were another 682 of the 738

starters who left Gawler at dawn and made it to Adelaide Oval. The runners braved torrential downpours and powerful crosswinds to run, wheelchair or limp on to the soaked oval by 12.30 p.m.

The weather, which would have kept less hardy people indoors, especially at those early waking hours, aided more than hindered the runners, according to race director, Bruce Abrahams.

"We haven't the overbearing heat of last year's inaugural run so those that dropped out would only be suf-

fering minor complaints like exhaustion or cramp," he said.

One such runner was last year's winner and 1980 favorite, Grenville Wood, who pulled out at the 31-kilometre mark with stomach cramps.

The State Leader of the Opposition, Mr. Bannon, came 38th in 2:50.43 in his second Festival City marathon.

The State Parliamentary Leader of the Australian Democrats, Mr. Robin Millhouse, came in a little later at 3:11.45.

The first woman across the line was State marathon champion Desiree Leatherby, 34, with a time of 3:01.23.

Adelaide Harriers' Allan Hanley (2:27.46) repeated last year's performance by finishing second, and 1979 winner of the women's section, Robyn Brown ran second in that section in 3:06.26.

First wheelchair rider to finish was SA member of the Australian team in the last Olympics for the Disabled, Robert Turner, in 3:19.24.

Festival City Marathon



NSW veteran distance runner Ian Graves won the second annual Festival City Marathon in Adelaide on Sunday, October 12, beating Adelaide runner Allan Hanley by just 43 seconds at the finish.

Nine hundred and nine runners entered the event, making an increase in entrants of more than 30 per cent over last year's inaugural race. Only 726 actually started, but the extraordinarily high number of 691 finishers made a 95 per cent success rate which must be as good as could be found anywhere for such a long event with so many starters.

Graves' winning time of 2.27.03 may not be all that impressive by modern marathoning standards, but when you realise that Ian is 36 years old, the excellence of his performance is obvious. Allan Hanley at 23 must have wondered how such an 'old' man could outrun him. In 3rd place was 21-year-old Malcolm McKay of Bedford Park with a 2hrs 32.52 timing.

The women's sectional winner was Desiree Letherby with 3.01.23 ahead of Robyn Brown (3.06.26) and Avis Pearce (3.13.17). Robyn, 27, is the youngest of this trio while Desiree is 34 and Avis 40 (and her time is certainly outstanding therefore).

Altogether 69 runners dipped under the much-sought 3 hours barrier which is quite an improvement on 1979 when only 24 of the finishers ran better than 3 hours. In fact the median, average time of all finishers was 3hrs 36.35 which is approximately 13 minutes faster than in 1979, indicating just how effective the South Australian distance running programme has become in the past twelve months. Considering that the Big M Marathon, held on the same day in Melbourne, could well have attracted a number of capable runners from not only South Australia but elsewhere around the nation, the

overall results of this year's Festival City run were truly outstanding.

Most impressive of all is the fact that 89 per cent of those who completed the distance did so in personal best times, and not many races can boast that figure.

One interesting aspect of this year's competition was the participation of two of the state's leading politicians. SA Leader of the Opposition, John Bannon, finished in a very creditable 2hrs 50.43 which would make him possibly the fittest political figure in Australia (any challengers?). Australian Democratic Party leader (South Australia) Robin Millhouse also completed the distance in 3hrs 11.45. No government members were noted amongst the starters.

Festival City Marathon organisers

may not have the numbers of the Big M but they certainly leave nothing to be desired so far as providing services to their participants is concerned. For the entry fee of \$6 all entrants received training notes, entry to clinics and seminars, participation in lead-up runs, a coach trip to the start on race day, free drinks along the course and also at the finish, a free photograph of every finisher, a finisher's certificate plus a T-shirt, a results booklet, and also the opportunity to participate in various prize drawings to the value of over \$2,000.

If one could make any minor criticism of the event it would be that it



Overall winner IAN GRAVES from NSW receiving congratulations from SA Opposition Leader JOHN BANNON who ran a personal best in the event.

was held on the same day as the Big M in Melbourne. Organisers have indicated that they are seriously considering holding the Festival City event in early August next year which would certainly be much more appropriate. That way potential marathon runners would have a choice of the Festival City in August, the Sydney Marathon in September and the Big M in October (and if the Gold Coast organisers would hold their run in a more appropriately cooler month like May or June then perhaps there would be as complete a marathon calendar as could be wanted).

RESULTS

I. Graves 2.27.03; A. Hanley 2.27.46; M. Mackay 2.32.52; G. Hicks 2.33.36; B. Whinnen 2.34.05; D. Turner 2.35.16; G. Tallis 2.35.27; R. Burns 2.35.34; M. Thompson 2.36.05; L. Hanna 2.36.30; A. Both 2.37.33; D. Lovatt 2.39.26; D. Martin 2.40.11; M. Farrelly 2.40.26; J. Carlton 2.40.41; H. Early 2.41.30; T. Mitchell 2.41.42; P. Hendry 2.42.12; T. Maloney 2.43.07; L. Rohrlach 2.46.00; T. McCool 2.46.42; R. Nickson 2.47.01; G. Eliseo 2.47.02; D. Walker 2.47.03; P. Norris 2.47.09; P. Hooper 2.47.22; A. Chittleborough 2.47.25; P. South 2.47.52; G. Rowberry 2.47.54; J. Coates 2.48.19; R. Barber 2.48.42; D. Parrott 2.48.54; M. Desborough 2.49.32; P. Lane 2.49.38; A. Bain 2.49.58; R. Sutcliffe 2.50.12; J. Perry 2.50.23; J. Bannon 2.50.43; P. Crosby 2.50.44; B. Jeromson 2.51.10; M. Coombe 2.51.26; P. Schultz 2.51.44; K. Savage 2.52.18; T. Bell 2.52.23; T. Southwood 2.52.40; D. Spencer 2.53.39; P. Ayling 2.53.48; C. Woods 2.54.07; D. Chittleborough 2.54.47; R. Edwards 2.55.07; S. Guy 2.55.08; W. Kirkwood 2.55.20; I. Smith 2.55.53; R. Annesley 2.56.25; D. Jacobs 2.56.35; B. Wyld 2.56.51; J. Devereaux 2.57.01; P. Liebelt 2.57.19; F. Dmytrenko 2.57.32; J. Funnell 2.57.59; H. Grabowski 2.58.20; J. Bastin 2.58.34; I. Hill 2.58.47; G. Seagrim 2.59.00; I. Berry 2.59.24; E. Drew 2.59.32; P. D'Amico 2.59.40; N. Harris 2.59.45; D. Clifford 2.59.53; P. Cooke 3.00.05; H. Adamson 3.00.22; M. Allen 3.01.00; K. Robinson 3.01.17; D. Letherby (F) 3.01.23; T. Lloyd 3.01.24; I. Giffillan 3.01.40; R. Dickinson 3.01.40; D. Kennington 3.01.45; M. Zocchi 3.01.51; F. Howitt 3.02.00; G. Hepenstall 3.02.17; K. Sizer 3.03.03; G. Roberts 3.03.09; J. Young 3.03.14; N. Bini 3.03.20; A. Hartley 3.03.32; G. Osborne 3.03.37; P. Mount 3.03.40; J. Andrews 3.03.53; P. Cibich 3.04.22; G. Feltham 3.04.28; J. Slagter 3.04.38; H. Hakkennes 3.04.47; H. Lommen 3.05.05; N. Rhodes 3.05.06; A. Grieve 3.05.09; D. Nicholl 3.05.11; H. Guelzow 3.06.10; R. Brown (F) 3.06.26; B. Clarke 3.06.53 (100th) . . . 125—J. Fowler 3.11.16; 150—C. Claxton 3.14.40; 175—T. Wiseman 3.17.56; 200—G. Bailey 3.19.58; 225—P. Amey 3.23.16; 250—R. Clarke 3.25.58; 275—N. Summers 3.27.42; 300—P. Thoman 3.31.35; 325—G. Higgs 3.34.06; 350—C. Bailey 3.37.12; 375—A. Stankevicius 3.40.02; 400—I. Currie 3.43.24; 425—P. Jenkins 3.46.31; 450—D. Pope 3.50.24; 475—V. Bradley 3.55.08; 500—R.



A section of the large crowd at the presentation ceremony. The crowd was possibly bigger than most Sheffield Shield matches and Sunday football—who said road running isn't a spectator sport?!

Krischock 3.59.37; 525—D. Lindh 4.05.49; 550—C. Boyce 4.10.33; 575—P. Bell 4.15.52; 600—R. Foord 4.23.10; 625—R. Clark 4.31.54; 650—M. Clayton 4.45.57; 675—B. Campbell 5.03.45; 691—H. Williams 6.06.23.

Women: D. Letherby 3.01.23; R. Brown 3.06.26; A. Pearce 3.13.17; L. Thompson 3.13.55; M. Moyle 3.16.10; K. Haarsma 3.27.05; H. Morris 3.36.54; J. Verbyla 3.38.12; C. Stevens 3.38.34; A. Eliseo 3.40.48.

Divisions: F19—Tania Arens 4.16.06. F20

—Catrina Smith 4.17.35. F25—Robyn Brown 3.06.26. F30—Desiree Letherby 3.01.23. F35—Mary Rhodes 3.58.56. F40—Avis Pearce 3.13.17. F45—Sheila Malbut 3.55.35. M19—Andrew Both 2.37.33. M20—Allan Hanley 2.27.46. M25—Brian Whinnen 2.34.05. M30—Darryl Turner 2.35.16. M35—Ian Graves 2.27.03. M40—Rodger Barber 2.48.42. M45—Gerry Hicks 2.33.36. M50—Roy Sutcliffe 2.50.12. M55—Ross Blanchard 3.08.41. M60—Harry Snelgar 3.34.59. M65—Richard Bryant 3.46.56. M70—Harry Purvis (70yrs) 4.50.00.

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