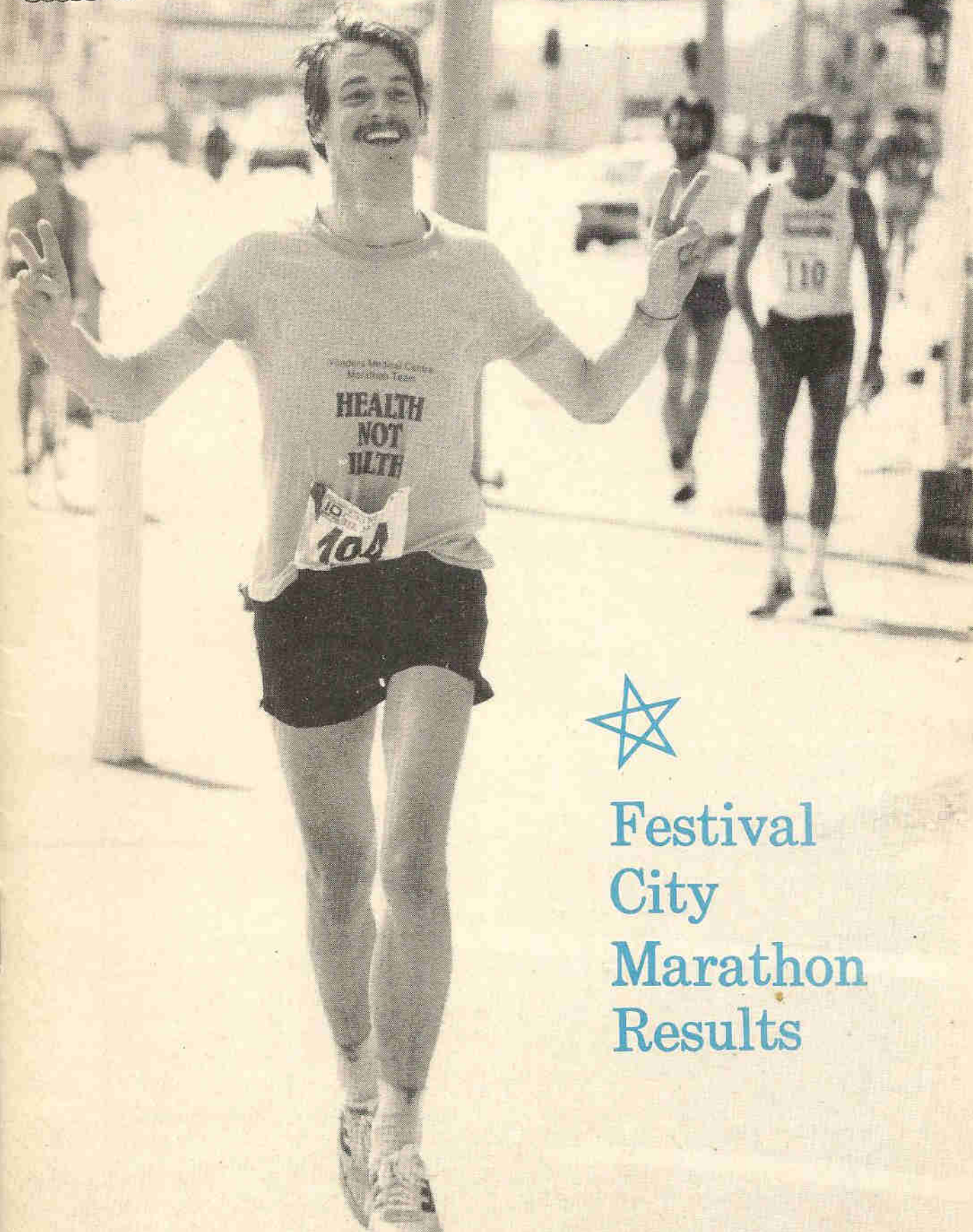




SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC.



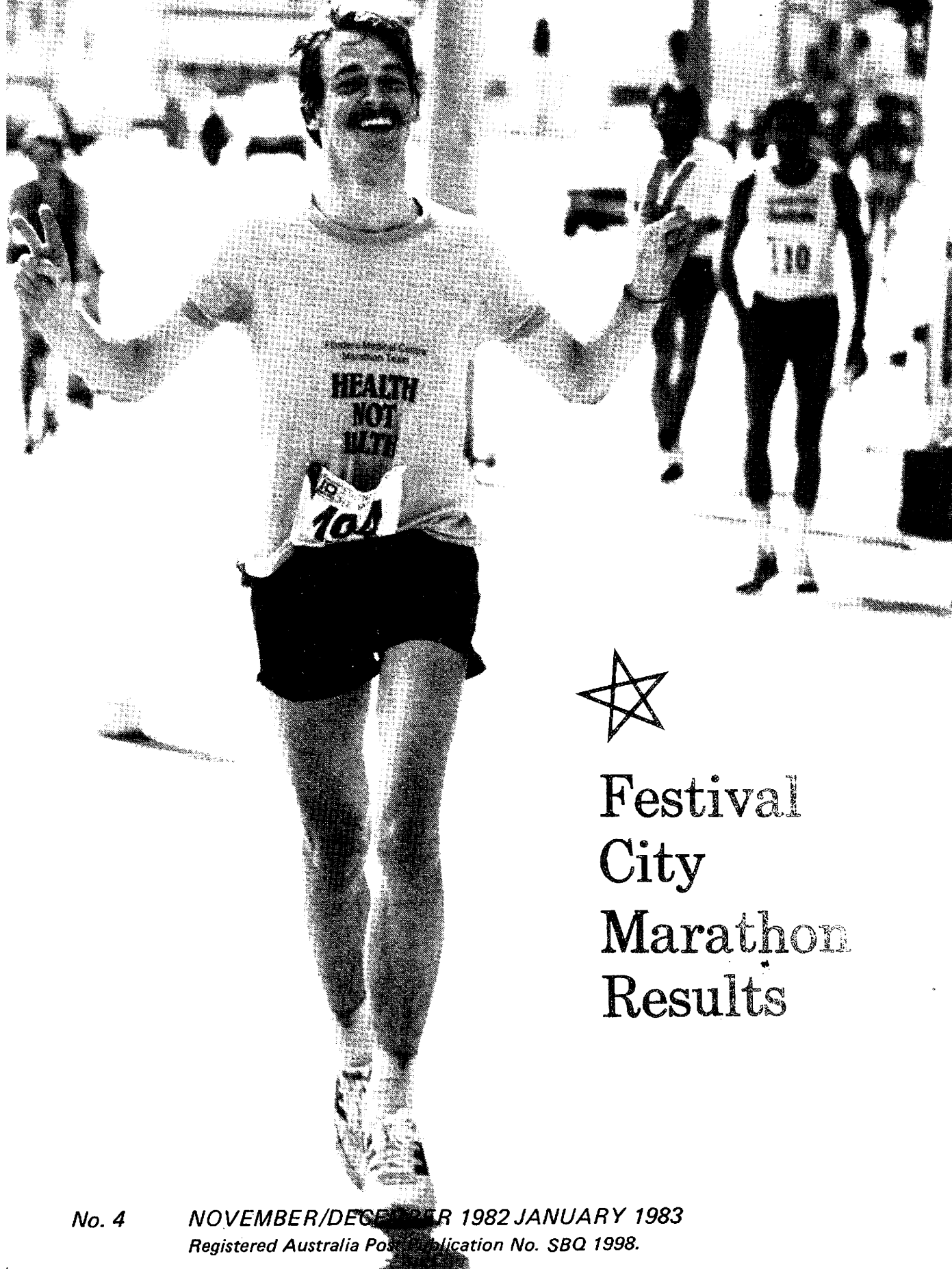
Festival City Marathon Results

No. 4

NOVEMBER/DECEMBER 1982 JANUARY 1983

Registered Australia Post Publication No. SBQ 1998.

SOUTH AUSTRALIA
RUNNING
JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC.



Festival
City
Marathon
Results

No. 4

NOVEMBER/DECEMBER 1982 JANUARY 1983
Registered Australia Post Publication No. SBQ 1998.

Festival City Marathon

by Brian Chapman



At 7.50 am on August 29, whilst 99.5% of South Australians slumbered peacefully towards premature senility, 929 real human beings prepared to test their bodies against the heartless Gawler to Adelaide road.

The lemming-like march from the race course to the Start resembled a 'lambs to the slaughter' situation with the important exception that these gladiators were there voluntarily.

Most pre-race discussion centred on the problem of "how fast to go out?" With 28° heat forecast, the consensus etched on everyone's face was to hold back, with the winning time predicted to be 2 hours 30 minutes (men) and 3 hours (women).

In a nutshell, great for the spectators, lousy for the runners.

One-eyed local fans hoped that middle-distance specialist Bob Sweet would pull the hotly-favoured interstate entrants into the trap of a fast first mile and resultant exhaustion.

Unbackable Anne Mann appeared foolish in predicting a personal best time since she had recently run in the National Marathon and could not have recovered completely.

As the hordes lined up, a group of "Ride Against Roxby" demonstrators appeared on bikes from the sidelines, intent on using the event as a vehicle for their protest. The immediate thought was that running 'has arrived' as a major sport if it can attract that sort of attention.

At 7.59 am the popular 'wheelies' got going, minus champion Robert Turner who couldn't wend his way through the milling masses to the front line in time. Fortunately, his deficit was reduced when the mob decided that the countdown ended at "ten" instead of "zero" — and to hell with the Starter's gun.

Those of us planning to get to the legendary mile mark had to move swiftly to avoid being engulfed by the raging torrent of humanity that proceeded to make a shambles of Gawler's main road.

State reps Sweet and Peter Schultz, together with world-ranked orienteer John Williams, shared the lead at the mile (5 minutes 22 seconds) while Mann and fellow SA teammate Helen Alderson led the women through in 6.25.

"Too fast" was everyone's reaction, as a huge pack set in behind the leaders.

Entering Smithfield (10km) the scene had changed dramatically with 25-year-old Canberra runner Colin Neave emerging from the ruck to battle the surprising Williams, who was maintaining pace at 33.06. By this time wheelchair ace Bob Turner was minutes ahead.

Neave had finished among the top six at the National Marathon so he had to be respected.

Sweet and Schultz had been joined by experienced Big V aces John Duck and Paul O'Hare (33:40) but then it was single file to RAAF pilot Robert Rohrig (33.48), NSW 'iron man' Hans Visch (34.12), State reps Bob Barnard (34.22) and Wayne Chettle (34.42), and unknown Nick Papas (35.24).

Victorian Dick Kumnick and improved local runner Ian Hill passed Smithfield in 35.50 ahead of ambitious Brian Hicks (35.58).

Canberra pair Phil Aungles and Geoff Moore were teaming with State reps Dave Martin and Trevor Mitchell together with Road Runners Club star Andrew Chittleborough and newcomer Kym Jordan (36.26).

Mann led the women in 39.50 with globetrotter Aija Svencis bowling along nicely at 42.06, ahead of Australia's number 11 Helen Alderson (43.12), over-40 superstar Avis

Pearce (44.35), middle-distance convert Jess Lea (45.56) and unheralded 18-year-old Barbara Lat (46.21).

At the Salisbury Park 20km mark, Neave (65.44) had ridden a fresh tail-wind to a race-winning break over the still-impressive Williams (67.14). However, neither was any match for wheelchair ace Robert Turner (60.30) whose Smithfield-Salisbury split was awesome.

O'Hare (67.54) and Schultz (68.30) came through without their earlier compatriots Duck, who lurched to a halt due to flu after-effects, and Sweet, whose feet were shattered with pain.

Barnard (68.36) had made a big move, while Rohrig (68.44), Visch (69.32), Chettle (70.22), Papas (71.30) and Hill (72.20) were simply maintaining position.

Moore (73.12) had dropped the surprising Hicks (73.40), Augles (73.44), Mitchell, Chittleborough and Martin (each 73.46).

Mann was still untouchable among the women (80.32) with the lightly-raced Svencis (86.56) still surprisingly holding off a string of State reps led by Alderson (88.00). Lat, prominent early, was slowly falling into a hole, while State runner Lea was already in it.

Meanwhile Neave, characterised by an almost backward head tilt, made every post a winner up Bridge Road, treating 'the wall' like a pimple on the bitumen and providing a brilliant display of controlled power-running along Hampstead Road.

Behind him, Schultz was first of the elite to collapse at 'the wall'. State rep Wayne Chettle was next to kark and then Aungles wasted his return air fare from Canberra by pulling out. No one has seen Jordan since Smithfield!

O'Hare (3rd to 2nd), Rohrig (6th to 3rd), Mitchell (14th to 6th) and Chittleborough (15th to 8th) made big moves over the last 10km at the expense of Williams (2nd to 4th), Hill (11th to 17th) and the dropouts.

However, it was all Neave, and his bulge at the finish was almost five minutes over the pursuers. In fact he broke the course record by an amazing six minutes, recording 2.21.10.

Turner actually crossed the line first to record one of the world's fastest wheelchair times for his category ever, 2.11.59.

Rohrig's performance as first South Australian to finish was popularly received by the parochial crowd.

Significantly, 18 of the first 23 runners were aged above 30 years, a fitting testimony to the wisdom of experience. (So if you are 18, come back in 1994!)

Anne Mann's overwhelming victory in the Women's Division was also commendable, even if she was one second shy of Desiree Letherby's course record. To do a 3 minute PB in warm conditions on an undulating course speaks volumes for her talent. In fact the second women, Alderson, finished almost 20 minutes behind after waging a ding dong battle with Svencis.

For the next two hours, runners came streaming across the line in ever-increasing states of incapacity. James Pivavaroff (6 hours 43 minutes) endured the heat for thrice as long as Turner and Neave; but no doubt the ecstasy of stopping was pretty much the same for all.

NEW FITNESS TESTING AND TRAINING ADVICE SERVICE OPENS

Roger Pederick has opened a fitness testing and training service at the South Australian Sports Medicine Centre on South Terrace. \$30.00 covers the cost of a fitness test, skinfold measurements to ascertain percentage body fat, and comprehensive training advice. Roger has been involved with running for 25 years and has competed in England, Sweden, Holland, U.S.A. and Mexico (and on rare occasions in Australia!) He has been coaching for over 15 years and has advised Lillian Board, Sue Muir, Maureen Moyle, Jenny Ward and Jo Walsh amongst others. Roger started one of Adelaide's first fun run groups in 1976 – the Institute of Fitness's "Runners Club". So whatever your needs or aspirations may be, you will receive appropriate advice. **Phone 51 3290 for an appointment.**

PLEASE SUPPORT OUR SPONSORS

MAJOR SPONSORS: Channel 10
Savings Bank of S.A.
IBM (Australia)
Berri Fruit Juices
Nordica
Nike
Air New Zealand
TAA

OTHER COMPANIES:

Le Coq Sportif :: Penfolds Kaiser-Stuhl :: Arnott's Biscuits :: Nestle's :: Olympic General Products (sponges) :: Union Carbide (gear bags) :: Citrus Organising Committee :: H.L Banana :: Healthy State Shop :: Para Communications (officials' prize) :: Suburban Waste Services (bins at finish) :: 5DN :: San Remo Spaghetti

COMMUNITY ORGANISATIONS:

Adelaide Council :: S.A. Police Department :: St. John :: Apex Club of Salisbury (7 aid stations) assisted by Apex in Gawler, Elizabeth, Modbury, Tea Tree Gully, Prospect, Enfield, Campbelltown and Woodville :: Jaycees of West Torrens (7 aid stations) assisted by Lions Elizabeth, Broadmeadows Little Athletics Club, Central Districts Hospital, Elizabeth Field Junior Soccer Club, YMCA Flinderst St., Tea Tree Gully Athletics Club, St. Agnes Fitness Club and Police Running Group :: Gawler District Athletics Club (start) :: Gawler Rotary :: Australian Citizen Radio Monitors :: MG Car Club :: The Athletic Association of South Australia (finish system) :: The South Australian Women's Keep Fit Association (finish services) :: Australian Podiatry Association :: Sports Physiotherapy Group :: Centre for Physical Health (Uni Gym) :: 4 Military District Band :: Gawler and Barossa Jockey Club :: Gawler Town Band :: Elizabeth City Brass Band.

THE VITAL STATISTICS

Winners

1st Male Runner:	Colin Neave (ACT)	2.21.10 (record)
1st Female Runner:	Anne Mann (SA)	2.52.24
1st Male Wheelchair:	Robert Turner (SA)	2.11.53 (Australian record)
1st Female Wheelchair:	Julie Russell (SA)	3.28.51
1st Male Racewalker:	Ian Fay (SA)	4.07.22
1st Female Racewalker:	Kathy Schultz (SA)	5.07.53
Slowest finisher:	James Pivovaroff	6.43.30

Clubs and Teams

1st Club:	Adelaide Harriers. A. Chittleborough, L. Merchant, I.Hill, D. Martin	10.50.17
1st Schools Team:	Northfield High. J. Lovell, M. Allen, G. Cawrse, G. Archer	12.32.00
1st Services Team:	Police. R. Jolly, B. Moyse, R. Stone, R. Williams	13.52.54
1st Works Team:	ETSA. B. Howell, F. Ortiz, G. Roberts, I. Rice	11.53.42
1st "Other" Team:	Bertie's Flyers. A. Chittleborough, L. Merchant, I. Hill, D. Martin	10.50.17

Greatest number of Finishers

Club	Adelaide Harriers, Veterans (35) equal
School	Strathmont, Northfield (6) equal
Services	Police (5)
Works	Flinders Medical Centre (7)
"Other"	Berties Flyers (6)

Air New Zealand/TAA Travel

Ross Martin 3.16.12, Kenneth McPartland 5.25.45, Alistair Whibley 5.21.01,
Russell Paterson 3.15.31 ("Big 3")

Statistics	1979	1980	1981	1982
Entrants	695	909	918	1176 (up 30%)
Starters	525	726	739	929
Finishers	464	691	707	878
Sub 3-hour	24	69	76	59
Average time	3.49.50	3.36.35	3.39.00	3.49.25
Female entrants	27	52	89	113
Average age	na	33	35	35
Temperature at 8.00 am			10°C	18°C
Temperature at 12 noon			13½°C	27°C (hottest day in 70 years)

From a survey of non-starters (247) and non-finishers (51), 72% (of the 110 replies received) said definitely they *would be entering* in 1983. Flu and pre-event injury were the two greatest causes of non-starting.

WHO IS HE?

His face is gaunt and wizened,
With a pallor unto death,
His mood morose and sullen,
And he suffers from bad breath!

Is he some wise old guru —
His span of life completed?
No, he is a crazy marathoner —
Who has just carbo-depleted!

Mary H

Balance sheet on the run

Income		Expenses (over 100 separate categories)	
Entry fees	11,660	Administration	3,397
Late Entries Addition	342	Printing	2,324
Coach Tickets	940	Advertising	2,473
*Sponsors (cash only)	3,700	The Course	985
		Finish Area	1,460
		Awards/Prizes	3,160
		Top Runners	225
		Marathon Clinic	88
		**Donations	2,530
	<u>\$16,642</u>		<u>\$16,642</u>

*Sponsors' contributions in products and services estimated in excess of \$10,000 (additional to above)

**Donations to community organisations assisting the event: South Australian Road Runners Club, Gawler District Athletic Club, Gawler Town Band, Salisbury Apex, Adelaide Jaycees, St. John, Australian Citizen Radio Monitors, Elizabeth City Brass Band, Athletic Association of South Australia, South Australian Women's Keep Fit Association, 4 Military District Band.

..... \$2,530

In addition, runners raised through sponsorship for the Channel 10 Xmas Appeal

..... \$2,031

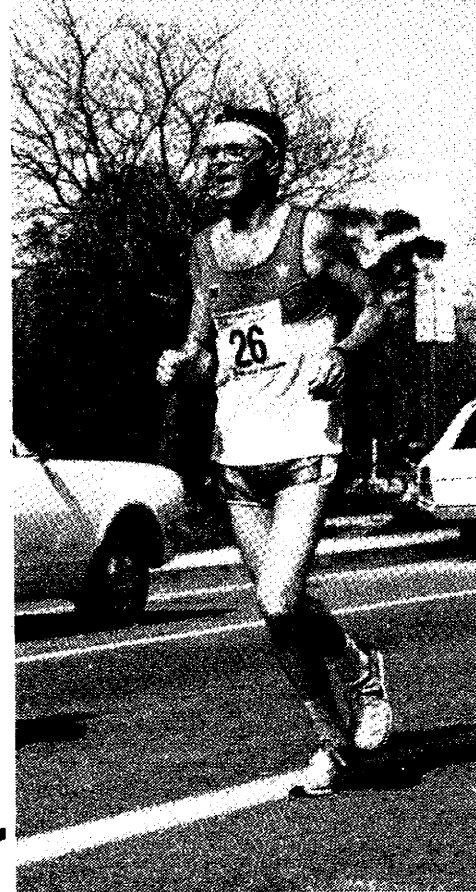


**HIGHLIGHTS OF
THE BIG RACE**



A personal profile

by JOHN HAYNES



*Above: BEFORE – John at 85kg. in 1977 and
Right: AFTER – He finishes the 1982 Festival
City Marathon (3.13.21).*

Before and After

"After 20 years of alcoholic drinking and reaching 85kg, I was taken to hospital after having suffered an angina attack at work.

After discharge from hospital I spent a further 12 months of heavy alcoholic drinking convinced I was going to die a drunk. After a visit to my doctor for high blood pressure and various other ailments he arranged for a specialist to see me to sort out my problems. I was told then that I had to stop drinking, and get fit.

He introduced me to the book *The New Aerobics* by Kenneth Cooper, and so started a long slow recovery to health and fitness.

I hated running at first and would only do the 20 minutes every other day as suggested, not a minute longer. After 3 or 4 months, my weight started to come down and I gained a certain amount of fitness. Keeping up with new clothes was a problem at that stage because I was forever going out and buying smaller trousers.

Then someone at work kidded me into running the City to Bay. So I entered, and for the next two months really trained to complete the 12km run. Immediately after the run I was handed a copy of the SARRC journal *Festival City Runner*. I decided to join the Start Running classes because now I had to admit that I liked running. I then enjoyed the companionship and help of other runners so much that I decided I wanted to help others too. So I applied to do the Instructors course.

My weight is now down to 68 kg in just under 2 years and this year I've run Pitchi-Richi Marathon 3.43, the Festival City Marathon 3.13, and the Adelaide to Victor Harbor Ultra Marathon 8.52.48 (came 17th out of 38 finishers).

I would like to take this opportunity to thank Helen Morris and Jenny Dabinett who have both helped me immensely since I joined SARRC."

Wheels help keep pace



Julie finishing the 1982 Festival City Marathon.

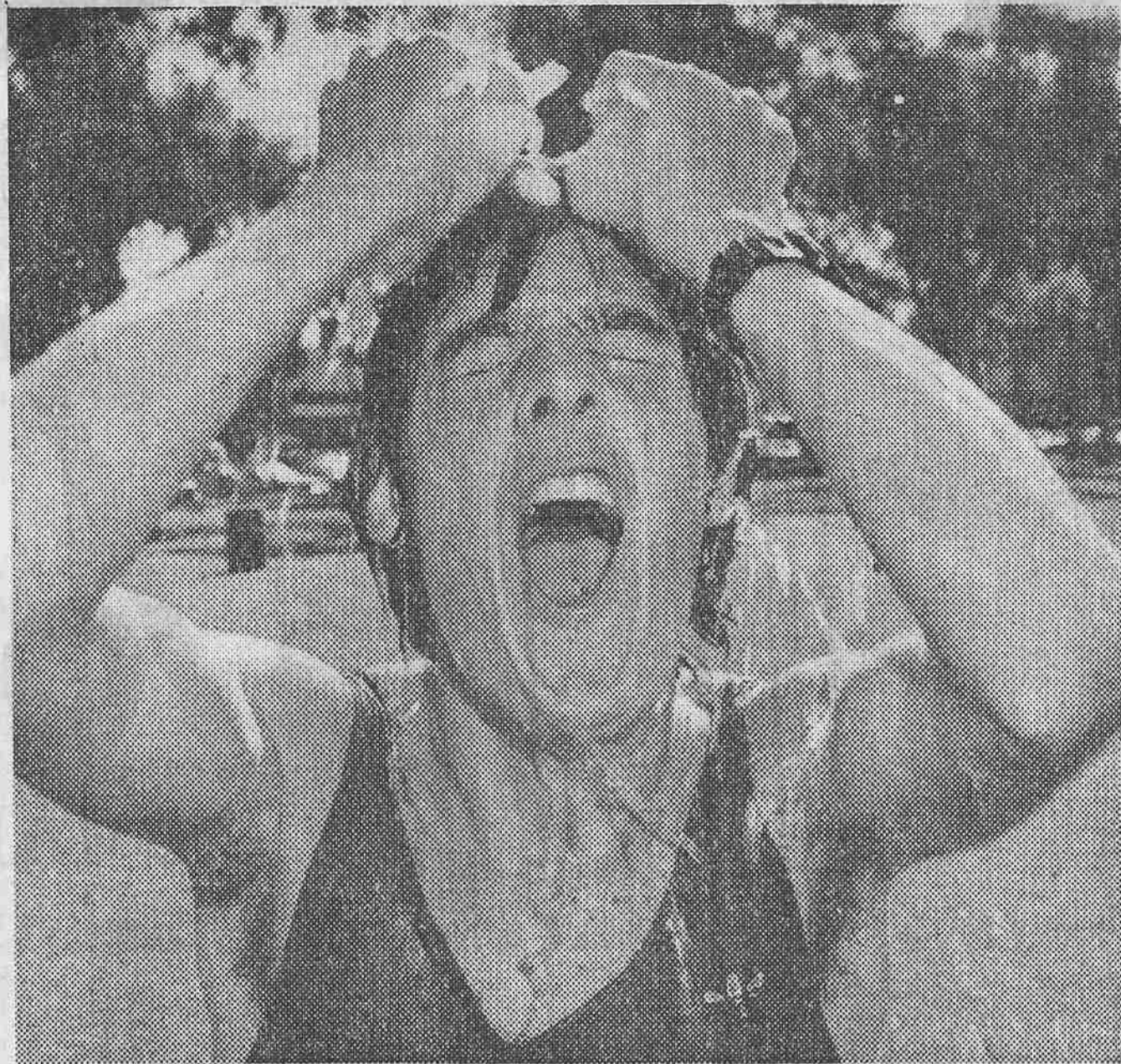
JULIE RUSSELL . . . 30 . . . lives in Hyde Park . . . clerk with the Australian Public Service Board . . . contracted polio at the age of 16 months . . . paraplegic . . . walks with the aid of crutches and calipers . . . uses a lightweight wheelchair for sport (designed and built by husband Eric) . . . began her sporting career in 1977 with the S.A. Paraplegic and Quadraplegic Sports Club playing wheelchair basketball . . . then moved onto track events with encouragement from Ian Wardrop (coach with the Para. group) . . . now competes in National and International pentathlon events (javelin, discus, shotput, 200 metre and 1500 track races) . . . Silver Pentathlon Medallist Holland Disabled Olympics 1980, Gold Pentathlon Medallist Stoke Manderville, England World Championships 1982 and Silver Pentathlon Medallist, England 1982 . . . keen theatregoer and Norwood football supporter . . . Julie, Eric and Sheeba (their Labrador cross) run mainly in the mornings in the South Parklands . . . recently returned to Adelaide after living in Queensland for 2 years . . . "I was looking forward to coming back to South Australia because there is extra effort made here to encourage wheelchair competitors" . . . "I was especially pleased with the change to a hard surface finish for the marathon this year after the problems we had with the grass last year" . . . "We all really appreciate the attitude of the SARRC organisers and the other runners."

by Sue Forth

TONY ASHWELL . . . 47 . . . of North Adelaide . . . achieved notoriety as the first Australian arrested and jailed for running on the road . . . computer fanatic and pilot in his free time . . . used to smoke 60 cigarettes a day . . . at 42 started a course in unarmed combat with his son . . . black belt 1978 . . . Tony says, "Basically I was fit, but I didn't have the endurance. So I started distance running" . . . in 1979 ran the Festival City Marathon . . . best Marathon time 3.35 . . . tried to improve his performance by running faster and increasing his mileage . . . suffered every possible injury as a consequence he says . . . now more cautious and enjoys running slowly . . . "People say my marathon times are getting slower, but that's because I'm getting wiser" . . . the secret to his 1982 Sri Chinmoy Triathlon success (4.27, second veteran finisher) is a regime of a 15 min. run then a 5 min. walk . . . he enjoys cycling to and from work (300-400 km/week) . . . was SARRC Secretary 1980-82.



Tony with his steel steed outside the Uni. gym.



The expression tells it all . . . Colin Neave, of the ACT, squeezes two sponges over his head after winning yesterday's Gawler-Adelaide marathon in record time.



Eric Russell . . . had to contend with a damaged wheel.

Warm welcome for very hot finisher

Yesterday's early spring weather was nothing compared with the warmth of the welcome for Colin Neave when he completed the Festival City Marathon from Gawler to Adelaide.

For the 25-year-old public servant from Canberra finished the 42.2-kilometre course in the record time of 2 hours 21 minutes 10 seconds.

Neave always had the race under control and, at the 30-kilometre mark, appeared to be heading for an international class time of about 2 hours 16 min.

But the hot conditions and the lack of opposition took their toll over the last 12 kilometres.

Neave, who finished seventh in the recent national championship, came to Adelaide to keep in trim before running another marathon in October.

Local veteran John Williams, 38, who finally limped in fourth, stayed with Neave for the first 14 kilometres.

But could not match the visitor's fitness thereafter.

Looking remarkably fresh, Neave said afterwards conditions were the hottest of the nine marathons he had run.

But could not match the visitor's fitness thereafter.

Looking remarkably fresh, Neave said afterwards conditions were the hottest of the nine marathons he had run.

The reward for his success is a return air fare to New Zealand.

Other highlights of the race were Australian wheelchair records by Robert Turner and Julie Russell.

Turner, 28, broke the Australian wheelchair marathon record by 25 minutes.

His time of 2 hours 10 minutes 59 seconds would have been even faster had he not missed the start.

The wheelchair athletes started officially a minute before the others.

But Turner was still wheeling up to the line when the gun went and he lost nearly a minute.

Quadrupled training

He said he had quadrupled his training since last year's race and covered about 125 kilometres a week.

Julie Russell became the first female in Australia to finish a marathon in a wheelchair.

She was the fifth woman home.

A. Mann, 27, the first woman finisher, won her section by a mammoth 19 minutes with a personal best time of 2 hours 52 minutes 24 seconds.

But she missed out on the record by a second, or about 4½ metres.

Another wheelchair athlete, Eric Russell, 38, had his left wheel damaged.

Another runner clipped his chair at the 30-kilometre mark.

A record 1175 athletes entered yesterday's race, but the weather caused a high attrition rate.

Results: Men — C. Neave (ACT) 2:21.10; P. O'Hare (Vic.) 2:25.51; R. Rohrig 2:30.03; J. Williams 2:32.21. Women — A. Mann 2:52.24; H. Alderson 3:11.43; A. Svencis 3:13.58; A. Pearce 3:17.42.



fun run report • fun run report • fun run report

FESTIVAL CITY MARATHON — Adelaide, August 29

by RUSSELL PARSONS

Over 1,000 runners contested the 1982 Festival City Marathon in temperatures that climbed to 28°C.

The point-to-point Gawler to Adelaide course, billed with considerable justification as "the friendliest marathon", produced several fine performances despite the unexpected unseasonable heat.

The basically flat course was magnificently serviced with aid stations every 3km, easy access to drinks, plenty of encouragement, and lots of sponges. Indeed the frequency of drink and sponging stations undoubtedly contributed to the high finishing rate.

Colin Neave, 25, a Canberra public servant, scored decisively in 2:21.10, the hot conditions eroding what promised mid-race to be a significantly faster time.

Ann Mann, 27, convincingly won the women's section in a commendable 2:52.24.

In many respects, however, the day belonged to the wheelchair runners. A superb 2:11.53 by Robert Turner and 3:28.21 by Julie Russell were class performances and drew enthusiastic, respectful applause from the large crowd assembled at the presentations.

It was a tough day, reminiscent of Melbourne 1979, but the heat only served to accentuate the efficiency of Bruce Abrahams and his large and loyal band of workers.

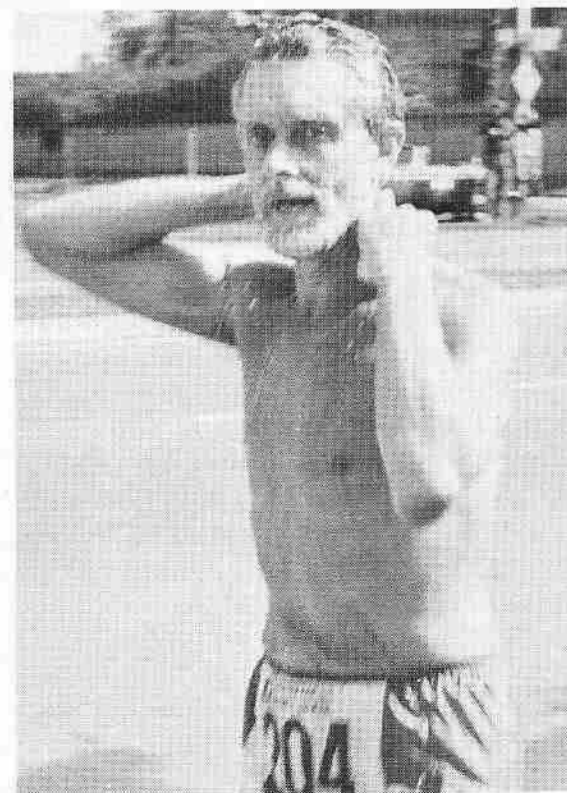
There are many well-staged events. Adelaide ranks high on the list, although I have been personally assured by the organisers that cooler conditions are on order for the 1983 'Friendly Marathon'.

RESULTS

C. Neave 2.21.10; P. O'Hare 2.25.51; B. Rohrig 2.30.03; J. Williams 2.32.21; R. Barnard 2.33.19; T. Mitchell 2.35.34; H. Visch 2.36.28; A. Chittleborough 2.36.34; N. Papas 2.37.59; T. McCool 2.42.21; L. Merchant 2.43.10; B. Hicks 2.43.14; P. Lane 2.43.54; P. Liebelt 2.44.11; I. Hill 2.44.25; D. Martin 2.46.08; G. Moore 2.46.38; B. Howell 2.47.49; P. Crosby 2.48.15. Female — Ann Mann 2.52.24; Helen Alderson 3.11.43; Aija Svencis 3.13.58; Avis Pearce 3.17.42. Athletic club—Adelaide Harriers. (1176 entrants, 929 starters, 878 finishers—94%. 59 under 3hrs; 527 under 4hrs.)



Above: Women's open winner ANNE MANN pauses at one of the 14 aid stations in the Festival City Marathon. Over 500 helpers from more than 50 community organisations were involved as officials. Anne ran a PB in 2:52.24, just one second slower than the course record. (Sean Power)
Right: (Justice) ROBIN MILLHOUSE, one of South Australia's best over-50 runners, takes a welcome sponge at 40km. August 29 was the hottest August day in 70 years. Great for spectators, lousy for runners! (David Summerhayes)



LETTERS

"... It was my first marathon and the friendly atmosphere made it an event that will be a lasting memory for me.

My intention now is to run the Melbourne Marathon and be back to your event next year to better my time."

Bernie Kelly, Ouyen, Vic.

"... Congratulations to you and all concerned on the arrangements for the Marathon; as usual they were first class.

I particularly appreciated the breakfast the girls provided at the finish. I was ravenous and wolfed the lot down in a few minutes — it was about the only thing left that I could do with any enthusiasm at the time!

It was bad luck about the weather and certainly couldn't have been foreseen. I wonder, though, if next year we could start again earlier? I would prefer 6 a.m. But if that is difficult, what about 7 a.m.? That would, this year, have helped rather with the heat and, always, would mean a bit less traffic to put up with.

Again my congratulations and thanks. It was great to be in it again this year."

Robin Millhouse, Adelaide

"... I had a lot of fun participating in the "Twenty-sixer". It was excellently organisation and a credit to everyone.

I was the last one to finish, and I must acknowledge the graciousness of the people who manned each and every drinking facility.

Even before we got there, they were extending water, vaseline, etc. to us. Their encouragement was terrific.

Thank you and all your kind fellow workers."

James Pivovanff, Adelaide

"... Congratulations on the recent Gawler to Adelaide Marathon. The organization left nothing to be desired and it certainly deserves the title of "Australia's Friendliest Marathon".

Val Pach and I had a wonderful weekend and enjoyed all the activities associated with the run, and were most appreciative of everyone's good wishes and encouragement."

Jill Montagu, Dianella, W.A.

"... Thank God for the water stops and sponging stations. I would say, without any hesitation, that we got through the day because they were so frequent.

The team effort of the many hundreds of helpers and supporters makes or breaks the long distance races and the helpers are to be commended for their work.

I ran with my young son, and it is a wonderful feeling to have fellow runners so keen to ask how the little ones go.

It is a good madness to be able to say we joined hundreds of other mad runners to achieve a certain goal one Sunday morning in August. For some hours we were all brothers and sisters at peace with the World, and ourselves."

Cecelia & Paul Quinn, Whyalla Stuart

"... Yesterday I attempted and completed my first marathon since my 'did not finish' in Whyalla in '79.

Despite the heat, I was able to finish in 3.42, only 30sec/mile slower than my usual training pace.

I credit my ability to finish at all, let alone in such a satisfying time, to your organization of volunteers along the route. The layout of tables, the dedication of the workers, and their enthusiasm and support made what I feared would be a harrowing experience into an unbelievable and emotional accomplishment.

While every step I take this evening is a painful decision, and going down a flight of stairs without collecting some strange looks is impossible, I would not have missed the opportunity to participate in the Festival City ..."

Ken Hansner, Whyalla Playford

"... I ran in the Marathon for the first time this year. May I congratulate all for the superb organisation of the event.

As Principal of a Secondary School I have at least some idea of the planning, time and co-ordination that must go into such an occasion. As far as I could see, you had virtually every aspect covered to perfection — no mean feat for an event on that scale."

Ambrose Linke

LETTERS • LETTERS • LETTERS • LETTERS • LETTERS

Dear Sir,

Congratulations on the organisation and obvious success of the 1982 Festival City Marathon.

I would particularly like to thank the medical team at the finish of the race.

As a half centurion doing my first marathon I overdid it a bit but I finished in 4.03 within three minutes of my target. However, shortly after the finish I became somewhat distressed. My thanks go very sincerely to the St. John Ambulance team that initially attended me and observing exhaustion and dehydration took me by ambulance to the gym where I was attended by medical staff with two bags of free samples of saline solution and that beautiful oxygen stuff. They proved completely successful at pumping my liquid levels up and untangling my knotted muscles.

Within a couple of hours I was back on my feet and must have been O.K. because I devoured a donated bush biscuit and enjoyed it. (Can't normally eat one.)

Thanks again to the medical team, St. John's, Doctor and Physios. Hope I don't need them in the 1983 Marathon.

Yours sincerely,

G. Readett

P.S. Observations during the marathon: Why do the roadside kerbs in Adelaide appear so high? Leaving Gawler, kerbs were only 8" high; in Salisbury they were about 10" high; Hampstead Rd they were 14" high and by the end of O'Connell St they were 18" high. G.R.

• Many more letters about the Marathon were received. Space limits the number we can print. We apologise for those not used.

Dear Sir,

I have written to a number of Australia's leading marathon planners about the concept of issuing medallions to all finishers in people's marathons. As I understand it, people's marathons are for the ordinary runners and not the elite.

However, the ordinary runner has no chance of collecting tokens of his achievements which he can treasure for life, unless he goes overseas where a number of people's marathons do issue medallions to all finishers.

Here in Australia they tend to issue T-shirts or singlets to finishers which have no lasting sentimental value to be looked back on with pride. So all a marathoner can settle for is a certificate with his time on it. If organizers made finishing medallions available to all those who finished and wished to buy them, I am sure such a concept would be well supported by the participants.

Hope I have given you some helpful thoughts, and good luck in 1983.

Yours sincerely,

Gary White, Sydney NSW

NOTE: SARRC's Marathon Committee is investigating this. It looks hopeful!

●●●●●●

Dear Sir,

Thank you and numerous other area runners for your friendship and companionship during my year-long teaching exchange in Adelaide.

Once back in Canada, I'll be running on hard-packed snow in 20°C below-zero weather. As there are no races before spring arrives in mid-May, I'll have plenty of time to reflect on my experiences in South Oz.

What will come most readily to mind are the warmth of the Adelaide climate and people, the city's parklands (which for me symbolize the tranquil, civilized lifestyle you've established), and the Adelaide hills, an insufficiently appreciated resource.



David Cuthill

Are YOU in the 'BIG RUNS'?

LETTERS • LETTERS • LETTERS • LETTERS • LETTERS

I've run nearly 5,000 kilometres this year, mostly in Adelaide, mostly with local runners, and I'm convinced you are privileged to be a part of one of the world's most beautiful and enjoyable cities. Though I came here to teach and, obviously, had a set of professional relationships ready-made for me, it was through memberships in SARRC and the Adelaide Harriers that I discovered Australia and Australians.

I hope that sometime I can return some of the hospitality shown me by the running community here. If any of you plan on travelling in the Southern Ontario or Northern New York State area, please contact me care of Mohawk College, Language Studies, Fennell Campus, Hamilton, Ontario, Canada.

Thank you. Best Wishes.

David Cuthill

●●●●●●

Dear Sir,

A new kind of radio has started in Adelaide's northern suburbs. It's a community access radio station, 5PBA, broadcasting in stereo on the FM band on 89.7 MHz.

You can hear community access and local programming from 7.30 in the mornings until 10.30, and again from 5 in the evenings until 10 pm or later. Weekend times are slightly later.

What is new about this radio station is that it relies on the entire community for its programming. Its sole reason for existing is to provide individuals, groups, clubs and organisations with the means of reaching out to other members of the public.

That means that S.A. Road Runners Club could become an access user and broadcast programs about running, about fitness, about forthcoming events, and with results of recent events.

Already several other sporting groups have joined the Para Broadcasters Association which is the organisation which runs 5PBA. Quite a range of amateur sports is represented and the programming each week will reflect this.

Why shouldn't runners have a program of their own too?

For further information and a copy of the 5PBA programme guide phone 250 3725.

Ralph Fairbrother
Director of Programming, 5PBA

●●●●●●

Dear Sir,

Thank you for bringing Judith Barr to the Marathon Clinic this morning (January 2).

I thought she was delightful.

John Dunstall

●●●●●●

Dear Sir,

My friend Jerry Cayzer is urging us on To run like Shahanga or Coe, To be super fit is the ticket he says Our girls could beat Alison Roe.

Two hours a day on the road we must go, He tells us that's barely enough.

But to keep pace with us on the way to Glenelg, de Castella would be out of puff.

I can see it all now as with hand held aloft,

I pass Grenville Wood on the straight. And when he asks later what makes me so fast,

I'll say "Jerry Cayzer's my mate."

So keep at it Jerry, I'm thinking of you As you train every day to your peak.

I'll sit with my feet up and drink to your health . . .

And I'll stick to my two hours a week.

Keith Stephen