



SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 8



Everyone Run

Festival City Marathon

Eyewitness Corporate Cup

As the Festival City Marathon draws near, I view potential finishers with envy and inspiration. Surely if they can do it — so can I. BUT it is that first step, getting up in the morning, instead of ignoring the alarm, which has to be mastered. Fortunately, that is becoming easier as once again I am being "bitten by the bug."

For the past two years my efforts have also been plagued by injury and circumstance, but I am now back on the track and looking toward future events.

I rely on the journal to provide information on club news and forthcoming events and congratulate the committee on a job well done.

Keep up the good work, and keep on running — it keeps us strugglers going!

J.V. Matulin

Congratulations on your Marathon. I hope you enjoy this issue of SA Running
— Ed.

My humble apologies for not starting in the Marathon — I was bedridden with a virus all week. I thought it would clear up, but a fitness test resulted in 3 days more in bed. I had been training for 12 months. Oh well! Hopefully next year will be my debut Marathon.

Congratulations on a terrific result for your efforts.

Ian Downey

Good luck next year. — Ed.

Thank you for a very well organised marathon.

My entry number was 1069. I was amazed being told at the end of the race that I had come in at position 1069. Using this principle again I will have to run a lot faster if you PLEASE send me a much lower number next year.

Ben Dykstra

*Start training, Ben!
Your number is 84. — Ed.*

— TELEGRAM: AUG. 26 —

CARBO LOADING PARTY.
SORRY CAN'T BE THERE. AM
TAKING SPECIAL PASTA
LOADING... SEE YOU THERE
SUNDAY MORNING.

JOHN BANNON

... the Gawler-Adelaide marathon I found a challenging and rewarding experience.

It was without doubt the best organised event I have ever participated in and I congratulate your club, particularly the efforts of members responsible for the marathon. The checking in, handling of gear, transport, support on the course and at the finish could not have been better. In short, the whole thing was simply fantastic. Thank you again.

Colin Pix

Thanks, Colin! We try harder.

— TELEGRAM: AUG. 26 —

BEST WISHES TO ALL RUN-
NERS IN THE FESTIVAL CITY
MARATHON

ROBERT DECASTELLA
AND PAT CLOLESSY

We would like to thank you, Russell Paterson, your Festival City Marathon and all SARRC members and friends most sincerely, for your marvellous race, hospitality and friendship. We shall spread the word around Victoria and we hope to see you in 84. Best Wishes.

Paul O'Hare & John Duck

Immediately after winning the event Paul went to the aid of John (2nd place) who had collapsed. Both are real sportsmen and we're proud to have them as new members of SARRC. Congratulations on a great run to both of you!

May I say how well organised the marathon was in every possible way!

John Cornish (Pt Augusta)

A.V. JENNINGS

presents

Robert De Castella

See the World Marathon Champion challenge all-comers in the **A.V. Jennings 5000 metres.**

Invited runners include:

- * Zephania Ncube (Africa)
- * Ken Martin (U.S.A.)
- * Marcus Ryffel (Switz)
- * Steve Austin (Vic)
- * Grenville Wood &
- * Garry Henry (both S.A.)

The **PULSAR-QUARTZ TRACK CLASSIC**

will also feature:

- * Sub-4 minute mile attempt
- * Women's 3000m Australian Record Attempt
- * Glynis Nunn, Darren Clark, & Paul Narracott

**SUNDAY, DECEMBER 18 OLYMPIC SPORTS FIELD
7 p.m. to 8.30 p.m. KENSINGTON PARK**

- * \$2.50 Adults, \$1 Children under 15 and Pensioners, \$5 Family.
- * Full canteen and bar facilities, ample parking.
- * "Devil Take The Hindmost" & "Company Mile" for fun runners.
- * Enjoy your picnic or BBQ on the grass mounds.
- * Souvenir autographed photo of Deek to first 3000 through the gate.

—co-sponsored by:—

- ADIDAS ● ATHLETE FOOT SPORTS STORES
- ANSETT ● COCA-COLA ● COWLEYS PIES
- HINDMARSH BUILDING SOCIETY ● KENT TOWN LODGE ● KERRY O'BRIEN FITNESS CENTRE
- "LIVE ON MILK" ● MR. JUICY ● PETERS ICE CREAM
- PIZZA HUT

Congratulations. It was a pleasure to participate in such a well organised event. You also aroused sufficient interest in the public for them to come out and support the runners, which was appreciated. A very exciting day for me.

Only complaint — Uni gym had cold showers.

P. Graham

I guess they think Marathon runners are so fit they need cold showers at the end.

SA Running — I really enjoyed receiving the last issue. It was good to see the photos of the . . . WANG. How about a report and names to go with faces? Similarly with photo of Bruce . . . what's the officials' marathon?

Fern

Your suggestions are spot on. We try but are destroyed in many cases by one word — "SPACE". The officials' marathon is for the Committee and Volunteers, and is usually two weeks before the marathon.



. . . Thanks for a fantastic weekend that I won't forget for a long time. It never started off too good — we never took an alarm — stumbled on the Uni gym trying to find the caravan park, left bus tickets back in Pt Pirie. You assured me everything would be OK — it turned out I need not have worried. Organisation was fantastic — runners treated like royalty start to finish. Your happy smile was most appreciated. A big THANKS to the many assistants.

David Cunningham

A note to sincerely thank your club. I congratulate you on the organisation from start to finish which was faultless. My suggestion is to open the windows of the buses — gear can be thrown in faster.

David Saies

Good suggestion, David.

. . . My first Marathon. Your tips on 5DN and in the Sunday Mail no doubt helped me achieve my goal. They certainly encouraged me when I felt like tossing in the training. . . One of the greatest achievements of my life. You helped me do something that was a remote dream. A heartfelt thanks.

Chris Chardon

We also thank 5DN and the Sunday Mail — they did a great job.

Congratulations SARRC . . . I enjoyed it and it is a day to remember. In the rush to get home I missed the random prize I won.

John Holzer (Berri)

Hope you've received your prize by now!

. . . Another superbly organised Festival City Marathon. You even had the weather organised. I'd be happy to help next year on the Saturday before. Congratulations and best wishes.

Robin Millhouse

Thanks for your support and congratulations on your sub 3hrs. Another PB, I believe.

Dear Bruce,

I am still in New York and have been running many races, 2.42 in Boston, 2.53 in Long Island, 3.01 in Yonkers. Won the National Team Championship in the TAL Nationals 50 mile (6hrs,21 min). Then 16hrs,30min in the 100 mile. The greatest running experience of all was the N.Y. Six-day race where I finished 10th with 411 miles. Regards,

James Sheridan

James is a member of the Adelaide Sri Chinmoy team.

... for all the work to make the event truly memorable.

I broke my PB for the marathon (would you believe) 38 minutes! A combination of the weather, the encouragement of spectators, the great assistance at the drink stops and by the police and finally, really doing 100 kilometre/week for the last eight weeks and not just pretending I was like last year.

Keep up the good work. **Tim Shirley**
Box Hill, Vic.

I was particularly pleased with the amount of people who came out to cheer us on this year. I would like to thank those people and the people manning the drink stops for their encouragement. Without them, I would have given up and not finished at all. You see, I found after the marathon was over I broke a bone in my foot before the start and did not realise it. During the run I broke the same bone again. I got a St Johns to strap my foot at 24 k.

From then on it was the people of SA who turned out to cheer us that kept me going.

Stan Parkin
3:43:33

I read with a great deal of interest "Up in Smoke" in your last issue where a reference was made to the starter of the Mt. Lofty run having starting gun in one hand and a cigarette in the other. I would like it recorded that was not the case in last year's event, for I do not smoke. Further, being the proprietor of a Jogging and Health food shop, I think the record should be put straight.

I would also like to remind runners and their families of the Mt. Lofty run next March when a shorter route will be incorporated to cater for members of the family who consider the 10 kilometres too long.

David French
Joggers World and Vita Health

You're right, David, to put the record straight. It was prior to your time (not last year). The reason the Mt. Lofty run was referred to is because it's such a great family day, well organised and in magic surroundings, and I was utterly amazed to see a smoker among the officials. The run gets better every year, and I'm pleased to hear of your involvement and the new changes. I have a cherished bottle of "Mountain Devil Red" and the certificates are collectors' items.

See you Sunday, March 4, next year.

COMING EVENTS

WHYALLA TO ADELAIDE RELAY – AGAINST SMOKING

The relay will start at the Whyalla Post Office on Saturday, November 26 at 8 am. It's expected to finish roughly 24 hours later at the Adelaide G.P.O.

A team of 10 runners running 10 kilometre legs will complete the 380 kilometres (approx.) with runners from Whyalla, Port Augusta and Adelaide.

The run is being organised to highlight the dangers of smoking.

The organiser, Jeff Desmond from Whyalla said: "I would like to let the young people know the dangers of smoking, as they will be the ones most affected in the future."

To support the campaign against smoking, donations can be made to J. Desmond, P.O Box 51, Whyalla 5600 or to the SARRC. More details through 5DN.

In your last issue you say "The health problems caused by smoking are ignored to accept the big \$". I agree with your action, support it, and wish there was more of it.

Such a position, however, can be difficult to maintain. Six pages later is an advertisement for "Adelaide's Official 'Life Be In It' (radio) station". During the football season prominence has been given by that station to a cigarette company via vigorous promotion and discussion of a night competition. Are these sentiments compatible with the 'Life Be In It' claim and your sentiments six pages earlier?

It is a complex question, and I am bringing it to your attention because of your practice of involving business and the media in running. Runners vote for health with their feet as well as with their words. How unfortunate it would be if sponsors say the right things to gain publicity in our Journal and the media, yet promote ill-health by their actions.

Colin MacDougall

A change in community attitude will take a long time – it's happening. I'm glad you're also listening to 5DN. They do give a lot of support for SA running.

For all the benefits running brings, it hasn't done much for some people's attitudes to women, judging by the "humour" in the "Fun on the Run" column.

"Jokes" about women runners using rape whistles to encourage rape on their run and women being titillated by male runners' heavy breathing are hardly funny. They perpetuate sexually violent attitudes towards women and are part of the whole degrading, sexually vulnerable stereotype of women so prevalent in our sexist, patriarchal capitalist society.

Keep the humour column by all means but without the offensive, sexist "jokes" please.

Phil Shannon

"Fun on the Run" is written by a very charming and funny lady (Mary Hartley) who has a healthy and humorous outlook. You're taking life too seriously. –Ed.

Since suffering a back injury some 12 months ago I have been unable to continue running and so it seems little point in continuing membership.

Paul Bell

Thanks for your letter! We appreciate knowing why people don't renew their membership. Have you considered assisting with run administration? You would be very welcome. Hope you enjoy this month's issue which we're sending you in any case. – Ed.

I would like to congratulate you and your fine committee on the excellent way in which the 1983 marathon was conducted . . . The enthusiasm from runners and spectators was so encouraging . . . The police were still out there looking after us slow ones . . . Last but not least, the aid stations manned without exception by lovely caring people . . . backed up by St Johns and SARRC. Thank you for a great experience. I believe the club offers fantastic value and is a most worthwhile organisation. Please count on my support.

Margaret Jarvis

Thanks, Marg. The photo below says it all – "We're with you all the way".



You ask for kilometre markers above head height (A.I. Isley, August issue). Here they are! Thanks to Tom Quinn.

I regret that I must withdraw from the 1983 marathon owing to knee injury.

J.P. Reddin

Thanks for letting us know! Hope the knee is on the mend. See you next year.

With the new registration system, we will get an idea of the number of young children within the club. A number of us don't want our children doing 20 kilometre plus runs, and we don't like to leave them home on their own. So mum or dad stays home.

Why not invite the kids out Sunday mornings and ask some adults to go on a roster system to take them out on short runs, until mum or dad gets back, say 10 am. We are prepared to help organise a roster from volunteers.

Warren & Barb Featherby

You should talk to the Sunday morning organisers. Sounds like a reasonable suggestion. You may find that the new series of 10 kilometre river runs starting soon may be the answer. Ed.

When I collected the Marathon booklet, I found to my embarrassment that my PB had been recorded as 3:20:57 instead of 4:20:57. Just to get the record straight, I would like to be able to run that fast, but I am just an enthusiastic plodder.

Congratulations on a wonderful marathon.

Bronwyn Cockington

Enthusiasm is better than speed. Thanks for your letter.

I'd like to mention something about the City-Bay run. I don't know if you can do something about it or not. I ran it in 58½ minutes . . . By the time I got to get my time down it was 60 minutes and they wouldn't put down my 58½ minutes.

I admit it's a bit hard for 10,000 runners, but it would be nice to get your proper time.

You pay a \$1 and get a \$1 worth. We've suggested they charge \$2 and pay for a good finish system. But let's not be too hard on Bob, he does a great job and it is a fun run. I do agree with you, though: there are some things which need improving. Ed.

How consistent can you be?

Olive Butler has run in three marathons this year with the following results:

London	April 17	4 hrs 12 min 19 sec
Adelaide	August 28	4 hrs 12 min 15 sec
Big M	October 9	4 hrs 12 min 17 sec

G.N. Butler

That's pacing to perfection. 10 out of 10 for consistency. Ed.

Well done and special thank you to all the volunteers who manned the aid stations . . . The medallions are beautiful, the 1983 Festival City Marathon was a great success.

Johann Bull

Congratulations to
Bruce and Elva Abrahams
on their 20th Wedding Anniversary

RUNNERS RECIPE

CHEESE SPREAD for CRACKER BISCUITS/BREAD or TOAST

1 small packet Kraft processed cheddar cheese

1 cup milk

Some parsley — as desired

Grate up the cheese and melt in a pot very slowly with milk. Stir all the time and put parsley in. Then pour into a margarine container or similar, and put into the fridge to set. It keeps for quite a long time.

C.R. Rodgers



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Sat 3rd March GREAT ADELAIDE FUN RUN - 4.2km.

The fun run for everyone
through the city of Adelaide

START

adidas

at 8.00 a.m.
in Victoria Square

Finishers Certificate
for all runners

MYER

SPECIAL PRIZES

Adidas Sportswear.
Olympic Willy
Bades to the
largest School
group

SARRC

EVENT

Entries available from SARRC
or any Myer Sportslife Dept.

ENTRY FEE.
Adults \$2
Children \$1
Family \$5 max.

Part proceeds to the
Olympic Appeal.

**SUPPORTER
OF THE**

**1984
OLYMPIC
APPEAL**

MYER



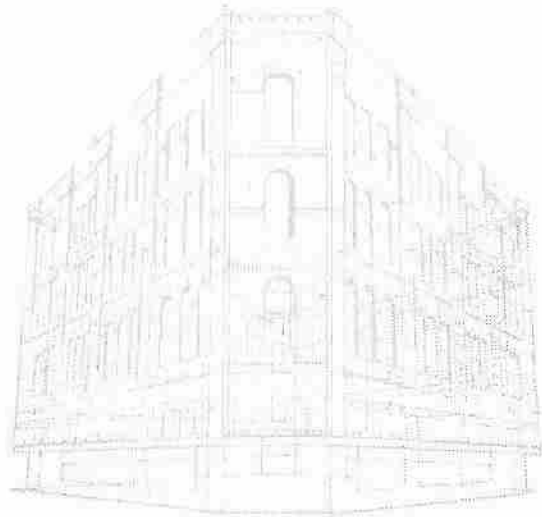
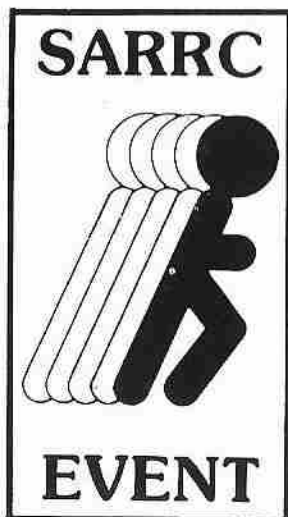
Sun 6th May

**New 21.1km course
through and around our beautiful city**

STARTS: Adelaide Oval 8 a.m.

**EXCLUSIVE adidas T-SHIRT
INCLUDED IN ENTRY**

STOP PRESS: Bonus early entry to SARRC members



My view on children running marathons differs somewhat from those of Mr Simes (*SA Running*, August issue).

I am a responsible parent, the mother of two boys who run marathons. Both are under age.

My youngest son was 10 when he ran and finished this year's Pichi Richi Marathon — his first marathon. He had no adverse effect. Incidentally he ran off to play within minutes of finishing. Sure, he had sore feet and tired muscles for a few days. Any distance runner would have. He also ran and finished this year's Festival City Marathon. His doctor (who also runs) believes marathon running has no ill effect on him.

My elder son, who is 14, ran in the Festival City Marathon too (his first marathon). He suffered no adverse effect either. He was passed as medically fit before commencing to run.

The boys are very aware of the need to be physically fit and train regularly with a local running club. Their training is slowly increased before marathon time.

My husband and I are involved and supportive of their training. We tried to discourage them from marathon running, but do not believe we have the right to stop them. The final decision must come from them. I wouldn't hesitate to withdraw them from a run if I felt it was necessary. Responsible parents support their kids.

Mrs R. Remphrey,
Port Pirie

I'm sure you are a concerned and responsible parent. There is, however, medical evidence which suggests marathons can be injurious to children. AIMS, the Association of International Marathons, restricts entries to over 18 years. As we are now a member of AIMS this restriction will also apply to the Sunday Mail/Farmers Union Marathon, 1984. I am very glad to hear that both your boys suffered no ill effects. I will however say again, Marathons are not for children.

I am writing to protest in the strongest terms against the push by some Committee members to change the course of the Festival City Marathon.

I believe the Gawler to Adelaide course

has been the main strength of the club since its inception, and has been a major factor in the growth and development of the club.

Over the years we have developed tremendous support from the people of Gawler and those living along the route.

I firmly believe a move to a City course would rob the marathon of all atmosphere and crowd support.

Personally I believe this is an attempt by some people with ego problems who are jealous of the Big M and Sydney marathons, to change the Festival City to an "Elitist" marathon. We have grown on the principle of being "Australia's friendliest" for fast and slow runners. We should *not* attempt to compete with other marathons.

Leave the Festival City Marathon alone!

In any case, I think such a decision is fundamental to the whole concept and purpose of the club and as such should be made by all members in a referendum or an Annual General Meeting.

I request that you take steps now for this purpose.

John Connolly
Modbury

Thanks John for your letter. We are, and intend to remain, Australia's Friendliest — the fast and the slow. As for changing the course, I'm with you! I hate course changes. It destroys the continuity and creates disharmony. Take the City-Bay, for instance. I ran the first two years and they've never been the same since. You can't compare times as the course is always different. Not finishing at the seafront robs the event of colour.

Having said that, let's be logical. The initial course selections were poor and have lots of problems. The City-Bay had very few alternatives and neither have we. Take Gawler: \$1000 for buses, double the number of aid stations, everyone trying to follow individual runners. Major traffic problems. We love the people of Gawler, the course and all the help along the way. But functionally it was hopeless, demanding too much in resources and organisation.

Our main interest is: Runner safety and comfort plus co-operation with police, councils and services.

continued

On the new course — traffic can detour around it, no buses required, aid stations can service up and down tracks, you can also see people at several points along the route, runners see the leaders and friends. I could go on, but I'll just say this. Last year I worked from 4 a.m. to 11 p.m. This year I can sleep in to 5 a.m. and I'll be home by 3 p.m.

* * * * *

I'm writing from the country. I really enjoy getting the club's magazine *SA Running* four times each year, but that's all I get for my annual subscription of \$10.

I would like the club to strongly consider reducing the annual subscription for country members.

Whilst I enjoy the magazine, I'm sure you'd agree that when no other benefits are available, that you would not pay \$2.50 per edition for the magazine only.

After a little Fun Run at Stansbury on Yorke Peninsula, I discussed this matter with three other members of the club who said that it's just not worth \$10 when the magazine is all we get.

It's interesting to notice in the last journal that people listed strengths of the club as

1. companionship
2. friendliness
3. relaxed atmosphere
4. social aspects.

We miss out on all of these living in the country, and I would like to continue to be a member, and to get the journal, but I don't want to pay \$10 to get it.

So again, can I plead with you to ask the club administrators to consider as a matter of urgency, the reduction of a fee for country members. Otherwise, you're going to lose a few members from my area who'd like to belong, but we just can't see any value in the current subs.

I look forward to hearing back from you with your comments.

Neil Manuell
Warooka

By now, Neil, you would have heard the good news. Great minds think alike. You're about three months too late, though! In September 1983, a Journal Subscription for country and interstate members was introduced at \$7.50 because of all the reasons you suggested. Notification and your letter

must have passed each other in the post.

I will correct you on one thing though. The Journal costs \$2 a copy to produce, plus postage, envelopes, computer listing. So even \$10 doesn't cover your membership. It's only hardworking volunteers and advertising subsidy which make it possible for SARRC to offer you the Journal for \$7.50 p.a.

Incidentally, interstate visitors think our membership is TOO CHEAP!

As a new member from the Marathon Clinic I understand there is to be a new Marathon course. Rather than Gawler-City it is to be City-Glenelg and back and round the Parklands. I'd like to suggest SARRC approaches the Department of Recreation and Sport and local councils to construct a sealed running track along the Torrens from the coast to Paradise Bridge — a convenient 21 kilometre and return for a full marathon distance — preferably a track on both sides of the Torrens.

Advantages would be:— Could be incorporated with existing tracks, would be traffic and pollution free, would not require expense of police traffic supervision, could be developed as a tourist attraction — the sea to the hills etc., would be a permanent, centrally located track.

Perhaps our "Premier" Club Member, Mr John Bannon, could arrange the proposal under the 1986 Jubilee programme!

Politically it could "rejuvenate" the Torrens and provide a labour intensive project for unemployed and cost relatively little as government spending goes.

John Mold
St Peters

While I think some of your ideas are great, two important factors are missing.

- *The volume of runners. You would need a three lane highway down each side of the Torrens.*
- *The Marathon is a spectator Festival as well as a running experience. What would you think if it was suggested John Martins Pageant be transferred to Globe Derby Park so it wouldn't disrupt the city traffic?*

It's just a different point of view! I hope they develop the Torrens as well — what a super training run!