

3rd
BIG RUN

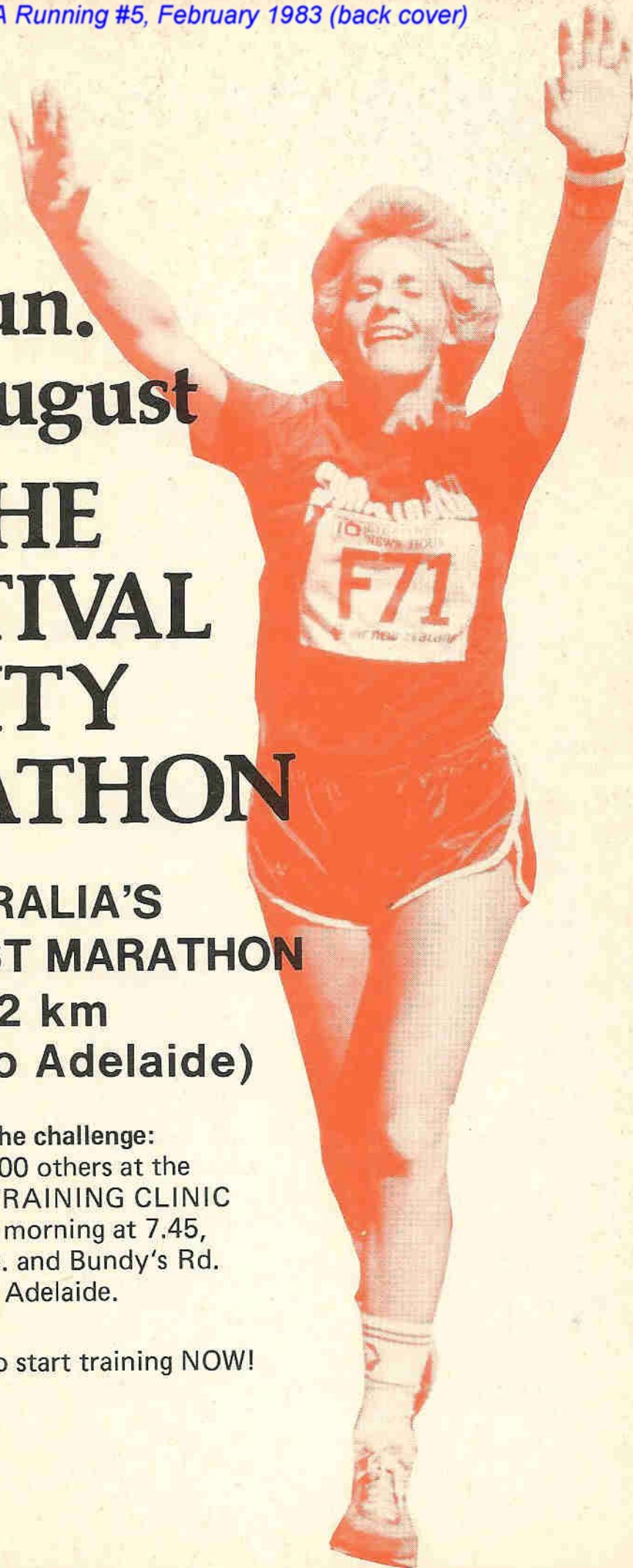
**Sun.
28 August**

**THE
FESTIVAL
CITY
MARATHON**

**AUSTRALIA'S
FRIENDLIEST MARATHON**
42.2 km
(Gawler to Adelaide)

Take up the challenge:
—join over 400 others at the
MARATHON TRAINING CLINIC
every Sunday morning at 7.45,
crn. Finnis Pde. and Bundy's Rd.
North Adelaide.

It's not too late to start training NOW!



KAY SHIPWAY

For those who may have wondered as to the identity of the runner featured on SARRC's Marathon literature, meet KAY SHIPWAY!

Kay, 33, of Black Forest, started running 5 years ago to increase her fitness for her other loves — basketball and tennis.

The City-Bay Fun Run was her first goal and, with the help of her husband Don, managed to finish in a time of 60 minutes.

"After my second City-Bay I set my sights on the 'ultimate' — the Festival City Marathon, and so joined SARRC in order to receive expert advice.

"The promise was that if I followed the training advice, I would make the distance, and I did just that! The time was unimportant, as my goal was just to finish."

Her memory of that day will be perpetuated for Kay in the home movie of the event made by husband Don.

The thrill of finishing was short-lived for Kay, however, when she returned home to find that her 3-year-old daughter had broken her arm, and she spent the night recovering from her marathon, on a bean-bag at the Adelaide Children's Hospital!

Running certainly has its interesting moments for her! Making a last-minute dash into the YMCA toilet, just before the start of the 1983 City-Port Run, Kay became firmly imprisoned when the lock refused to open. She spent long anxious moments before her friend Helen managed to locate a Maintenance man, who brought special tools in order to effect a rescue! Kay and Helen still managed to do P.B.'s in the Run despite the very late start!

Other hazards seem to 'confront' our intrepid runner!

"For some unknown reason I tend to attract 'Flashers' on my early morning runs. They are not the 'wait-behind-the-tree' types, but more the 'modern-car-cruising' types. Fortunately the Winter time seems to be too cold for them. I now carry a shanghai, although I would have to be as accurate as William Tell to do any damage!"



Murphy's Law has struck again. I Apologise for any omissions or editing of articles in this issue, time prevented me from referring back to the contributors.

Ed.

Festival City Marathon

A record field of over 1500 runners is expected for the fifth annual Gawler to Adelaide classic. With the mushrooming of marathons world wide and the fantastic achievements of Robert de Castella, all the indications point to increased participation by runners and spectators.

New Major Sponsor

We have a new major sponsor, the Sunday Mail, who will be printing entry forms eight times from May 15. As well, the Mail will be printing a training/promotional article each week leading to the event as well as the full results and pictorial report the week after.

Long distance running and the Club have surely arrived now with this level of exposure. The Mail reaches 750,000 South Australians weekly.

This sort of publicity, of course, is worth tens of thousands of dollars and would have been well out of reach of the event otherwise.

Supporting Sponsors

Channel 10 and Alaska Foods (Nordica) are the main supporting sponsors.

Channel 10 has already been promoting the Marathon Training Clinic and other Club events. In return, the Club has adopted the Channel 10 Christmas Appeal as our charity and runners are encouraged to raise money by sponsorships. We are hoping to raise over \$10,000 this year!

Alaska Foods will be providing cash directed to bringing top interstate runners to what is now a national event. We expect over 150 interstate visitors in all. As well, Alaska will be feeding runners (several times) with its popular healthy products — yoghurt and muesli bars.

Partners

The Festival City Marathon is a community event and beyond the resources of the Club alone to stage. Assisting us will be several hundred officials and helpers from around 50 organisations. The cash budget for the event is around \$25,000, most of which will be raised by entry fees (\$10.00).

Our major partners are the Apex Club of Salisbury who will be co-ordinating 16 stations, the SA Women's Keep Fit Association (food and finish services) and the Athletic Association of SA (finish system). St. John first aid will be prominent and the SA Police will again ensure August 28 is "runners' day on the roads."

Something Old, Something New

The same course, measured to the same exact IAAF standard of 42.195 km.

Changes and innovations include every finisher receiving a finisher medallion in lieu of a finisher T-shirt (following the practice of many top overseas marathons). There will be fantastic four-colour training T-shirts sponsored by Kelly Print on sale for \$6.00 at the Club Clinics and Forums or for a special entry form price of \$5.00.

Age Limit 16 years

Any person over the age of 16 years is eligible to enter. However, parents of runners less than 16 years wishing to enter can make application to the Committee well in advance. Younger runners will be accepted provided sufficient evidence of training and parental responsibility is given.

Trophies and Prizes

Over \$2500 prizes and trophies will be won in more than 100 different categories. Every age/sex is represented as well as Racewalk, Wheelchair, Club (male and female), Corporate Team, Family Team and a special "endurance" award for the slowest finisher. Prizes are mostly beautiful Ranleigh silverware (an SA company).

Pre Event Activities

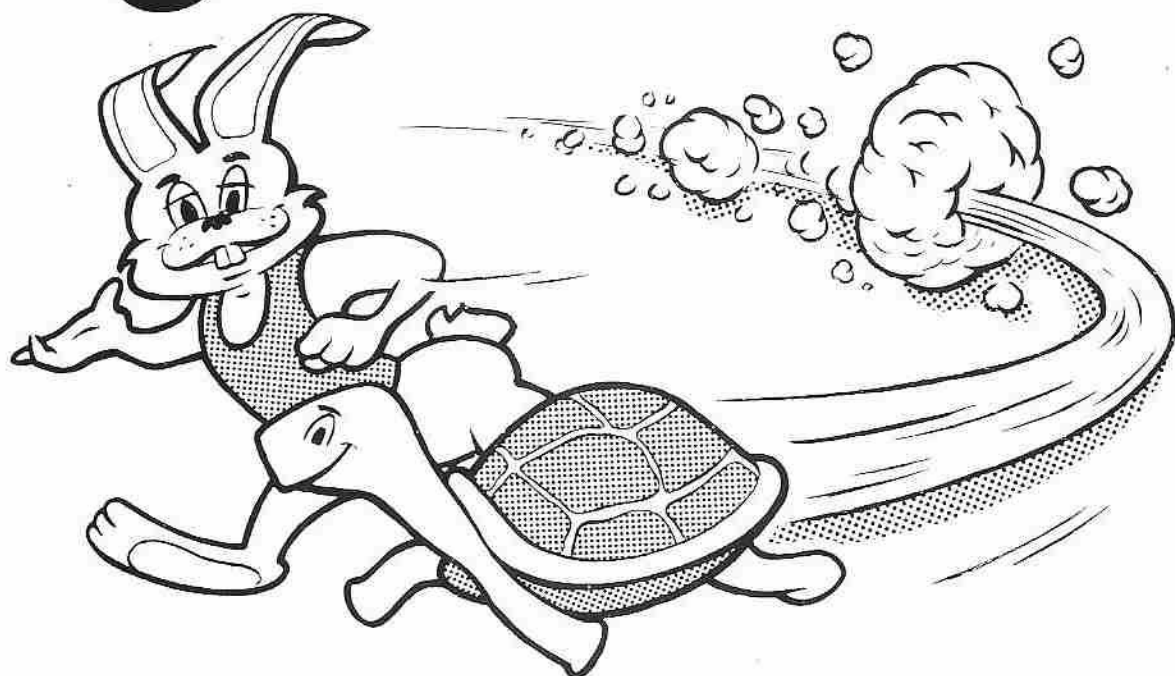
Monthly Marathon Training Forums start on May 25. The new location is the superb Flinders Medical Centre lecture theatre (the same as the End-of-year Wind-up).

Don't miss the Nordica 'Bus Run' on August 14 for a ride then run along the final 25 km or 30 km of the course! Also the Jog-Through on the Saturday before, August 27, will end at a Runners' Expo in the Uni Gym.

Sunday Mail



1983
Festival City
Marathon



South Australian Road Runners Club
The Largest Runners Club in Australia

Sunday 28 August

AUSTRALIA'S FRIENDLIEST MARATHON
42.2 km (Gawler to Adelaide)

Entry forms appear in Sunday Mail from May 15th, or send stamped, self-addressed envelope to: Festival City Marathon, P.O. Box 163, Goodwood 5034.

FESTIVAL CITY MARATHON LEAD-UP

- 21st August. Sunday Training Clinic. "Depletion Run", Morialta - return via the Marathon Course. Special Sunday Mail Feature.
- 26th August. **CARBO LOADING PARTY**. Flinders Medical Centre, numbers limited, \$7.00 a head. All you can eat and drink!
- 26th August. **Runners Expo**. Adelaide University Gym. McKinnon Parade, North Adelaide. 12 noon to 9.00 p.m. Displays etc.
- 27th August. **Runners Expo**. 9.00 a.m. to 4.00 p.m.

PICK UP YOUR RACE PACKET AT THE "Runners Expo" AND HAVE A LOOK AROUND AT ALL THE RUNNING GEAR AND NICK NACKS.

- 27th August. "jog thru' ". Come along and join in the "jog thru' ", Adelaide. 10.30 am Victoria Square, 4.2 km trot through the city finishing at the "Runners Expo".
- 28th August. **FESTIVAL CITY MARATHON**. 8.00 a.m. Gawler Race Track.

SOCIAL COMMITTEE NEWS

PRE MARATHON CARBO LOADING PARTY

6.30 pm, FRIDAY 26 AUGUST IS WHEN IT ALL HAPPENS!!! The biggest and best carbo party yet. Food galore, and no increase on last year's charge of \$7. An evening not to be missed. Carbo load for the Marathon, meet the celebrity runners, socialise, win a random draw prize, and expect a couple of surprises too. Home in plenty of time for that all important early night. Limited number of tickets are available, so order yours soon.

Cheques payable to SARRC CP Fund. Post to 24 Arthur Street, Darlington 5047.
Enquiries, telephone: 296 4816.

RUNNERS' RECIPE BOOK

No prizes for guessing that runners like to EAT almost as much as they like to run. Everyone has favourite recipes and we'd like to produce a recipe book containing recipes that have been tried, enjoyed and recommended by runners. The range is wide, so how about sharing your favourites? We want everything from Lee Merchant's famous breakfast muesli to that wickedly fattening sweet after dinner slice that Eric Fazackerly produces. Send in your contribution and please include your name so that your recipe can be acknowledged in the book. Either drop your recipe(s) in the wooden box at the Sunday morning clinics, or post to SARRC, P.O. Box 163 Goodwood. Look for the completed book later in the year.

WANTED RUNNING PARTNER NORWOOD AREA

I'm a 32 year old woman runner, living in the Norwood area. I've been running for about 4 years and have finished several marathons.

I'm looking for a local running partner to keep my motivation and safety who runs about my pace (5½ minute/km), and wouldn't mind me joining in on a 10 km run a few mornings each week. If you're interested please contact Roger Pederick, Division Recreation and Sport, phone 227 1708.

Sam Cannavo

Chartered Accountant

Registered tax agent

Management consultant

**82 Shipsters Road,
Kensington Park,
S.A., 5068
Telephone 332 6533**

PROFILES

by Mary Hartley



JEANNETTE MURRAY

Jeannette can be seen each week, administering sustenance in the form of hot tea and coffee, and bowls of muesli, to hordes of runners at the Sunday morning clinics.

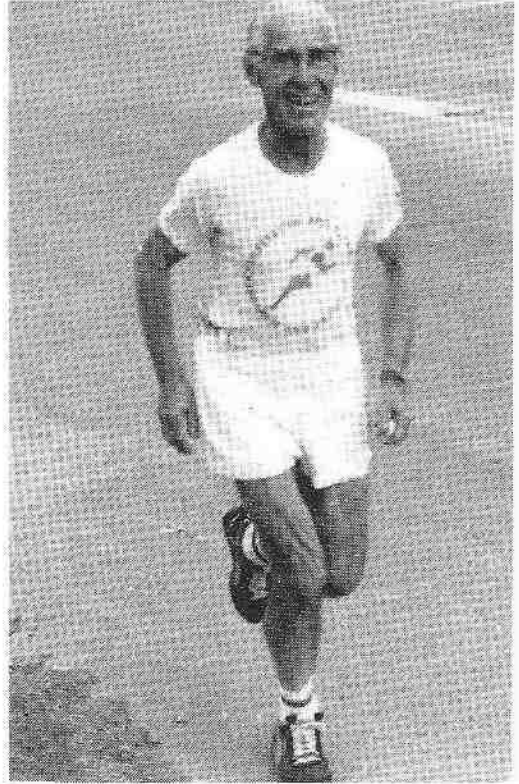
Although she is a non-runner at the moment, maybe it won't be too long before she is tempted to join the throng of masochists in their sojourn around the parklands of Adelaide.

"Three years ago," she says, "I never gave it a thought that I would get out of a nice warm bed on a Sunday morning at five-thirty, but here I am, amongst the linament, runner's knee and cries of 'Where will we go this morning?'"

Even though Jeannette is not a runner, she attends a fitness class twice a week, and is content to stick to her own form of exercise for the moment.

"The (SARRC) Club is one of the good things of life. You meet a lot of nice people and it is my pleasure to help where I can. I get a tremendous deal of pleasure when the runners come in and say, 'Thanks for the coffee, it was great!'"

Keep up the good work, Jeannette! May your urn never boil dry!



ERIC WORLEY

Eric, an extremely fit 69-year-old, is retired and lives at Novar Gardens. He began running with I.F.R.T. in 1971 on a general fitness course.

In 1975 he started training for the City-Bay Fun Run and has completed all the City-Bay runs since, his best time being 58.20.

Eric started running in earnest in 1980 with the "Run, South Australia, Run" Clinics. He competes in all the Fun Runs, including the City-Port, Kaiser Stuhl, etc.

After running the 1980 Greenbelt Half-Marathon in a time of 1.58.49, he wanted to enter for the Festival City Marathon of that year, but was talked out of it! He was told that if he wanted to run a marathon, he should give up smoking and train more. Whereupon, Eric promptly gave up smoking and commenced training approximately 50 km a week.

He completed the 1981 marathon in 4 hours 20.4 mins and has since added the Stawell Marathon and the 1982 Festival City Marathon to his list of achievements.

Eric, who, like his son Peter — also a runner, always seems to be smiling, is a popular and admired figure on Adelaide's running scene, and, like Cliff Young, he is proof to us all that 'Age shall not weary' a good runner!

Robert Turner and Phil Mount display the well-known SARRC T-shirt, presented as they leave for Boston.



Left: Mal Simes, Centre: Phil Mount, Right: Robert Turner Photo: SP Photographics

SARRC - MERCHANDISE



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- * BADGES * STICKERS

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Postal enquiries to:

S.A. ROAD RUNNERS CLUB INC.

P.O. Box 163,
Goodwood, South Australia 5034

Opinion Page

This page is allocated for members to send in articles which are informative, or on a topic which they feel strongly about. This is an opportunity for all members to submit a personal opinion, which may NOT be in agreement with the club or the editor.

Send your contributions to the EDITOR of SARRC (typed maximum of 500 words). Due to space and costs only one article can be selected each issue for publication.

MARATHONS AND CHILDREN — Malcolm Simes

With the approach of the Festival City Marathon in August the issue of whether children should be allowed to enter marathons has again been debated for many hours. The decision of the committee for 1983 has been to accept submissions from parents (of children under 16) stating training, experience, medical advice, etc.

It is here that members become divided. Just as the advice to stretch or not to stretch has supporters, no one has all the answers.

I STRONGLY OPPOSE CHILDREN PARTICIPANTS IN MARATHONS! There are medical and other experts who agree with me. Others don't.

I believe all sports need a regulating body who must at some time bias their decisions towards safety. Modified rules in other sports have done this.

WE SHOULD NOT ACCEPT ENTRIES FROM CHILDREN. The arguments that a child has done enough training, or that they have completed marathons before is not evidence enough. As a parent I am very concerned at the long term effects. (No one knows, but early indications are adverse.) I also find it hard to accept the training loads imposed on children. My daughter finds it demanding to commit 5 hours a week to music practice, let alone training for 10 hours a week for a marathon. Will we end up with burnt out and injured children at 14 similar to swimming? Or are we responsible enough adults to protect ours and other children from long term damage and injury by refusing to accept entries under 16 years.?

At the Wang Marathon in Sydney in ideal cool conditions, runners were weighed before and after the marathon to gauge weight (fluid) loss.

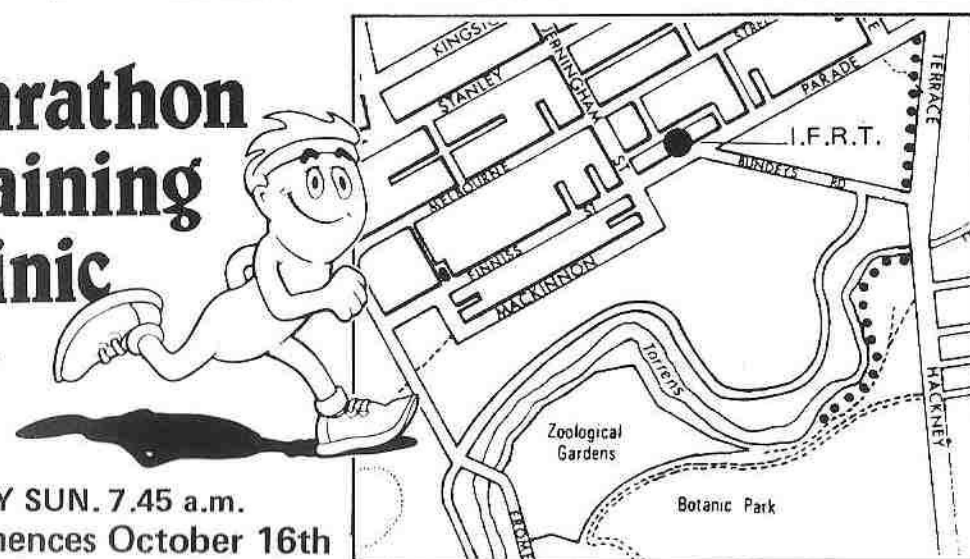
The runners ranged in age and performance and were experienced marathon runners who were trained to drink at regular intervals. Even under these ideal conditions losses were from 2 to 4 kg (almost a gallon of fluid). A loss equivalent to the top 4 kg in a child would be enough to create an effect of severe shock and dehydration which could produce serious heat exhaustion which we know can be fatal.

CHILDREN DON'T NEED MARATHONS — parents do. So who's pressuring your child?

Marathon Training Clinic

1984

EVERY SUN. 7.45 a.m.
Commences October 16th



Marathon entries rise 40 p.c.

Entries for the Festival City Marathon on Sunday week have increased by 40 p.c. on those for 1982.

Race director Bruce Abrahams said yesterday 1520 people had entered the event, 162 of them — or 11 p.c. — women.

Mr. Abrahams said that percentage was the highest for any marathon in Australia and was a tribute to the way the event had been promoted.

"We don't promote it as an elite fast race which tends to put off a lot of the slower runners," he said.

"We put on the event in a manner

to encourage the slower runners to take part."

The average age of the runners this year is 35 and 52 p.c. of the field will be running in their first marathon. Of that 52 p.c., 13 p.c. are women.

This year's marathon will be held over the same course as last year — from 22nd Street in Gawler to outside the University gymnasium in Mackinnon Parade, North Adelaide, taking in O'Connell Street, Colonel Light's Lookout and War Memorial Drive.

Last year 1170 entries were re-

ceived, 930 started and 880 finished.

The Athletic Association of SA's executive director, Brian Chapman, said yesterday Robert de Castella's world' championship marathon win in Helsinki had made a big impact in Adelaide.

He had received at least 20 phone calls on Monday from people wanting to know about joining running clubs.

There had also been an unprecedented response to invitations to attend junior athletics coaching clinics during the September holidays. — PETER HAYNES

School is out for runners



Sunday Mail, 21 August 1983

WESTMINSTER
School teachers David Wallage and Peter Karran believe they could give the other entrants a lesson or two when they take to the road in the Sunday Mail Festival City Marathon, next week.

And their 70 entrants in Fereday House think so, too.

Peter, 40, a physics lecturer and David, 25, an economics teacher, have trained all year for the marathon and hope to break their predicted times.

But to their swarm of students and supporters, times matter little, it will be the distance covered that is important.

The students have been collecting sponsors for most of the term and how much they raise will depend on how far Peter and David run.

Race director Bruce Abrahams expects a marathon field of 1570.

Entries will be accepted until Wednesday.

Entry coupons appear in past issues of the Sunday Mail, or may be picked up at the Adelaide University Gymnasium, 127 Mackinnon Pde, North Adelaide.



Teachers Peter Karran and David Wallage with Fereday House boys from Westminster School.

THOUSANDS of fun runners are expected to take part in The James Hardie Everyone Run next Sunday — the morning of the Sunday Mail Festival City Marathon.

The Fun Run, co-sponsored by 5DN and Channel 10, has been organised by Life. Be

Line up for Everyone Run

In It and is part of a national campaign that will see a fun run in every capital city on the same day.

The Everyone Run is over a 4km course through the North Adelaide Parklands.

Sports commentator Ken Cunningham will start the run near the corner of Le Fevre Tce and Kingston Tce, North Adelaide, at 9 am.

Entry forms are available from James

Hardie Industries, Channel 10 and 5DN, the Department of Recreation and Sport and Mobil service stations.

An entry coupon is on Page 103.

Hail the tired heroes!

By
Tony Kracmera

This time next week, Adelaide will be gripped with marathon fever.

All the color, tension, excitement, and agony of competing in a marathon will come to light next Sunday when Adelaide hosts the fifth annual Sunday Mail Festival City Marathon.

About 1600 runners will soft shoe their way to Adelaide after the starter fires his pistol at 8 am at the Gawler Racecourse.

This is an event for everyone — the swift and the slow. There is even an award for the slowest finisher.

To many of the runners, it will be a case of blood, sweat, and tears as they toil with the demands of a gruelling 42km.

But most of the entrants will be running for the fun of it.

Take for example, my reservist, Simon Simms, 33, who will run the marathon in his army greens, and boots and carry his SLR rifle and an extra 12kg (30lb) in water, ammunition and food rations.

Then there is Mary Hartley, 52, who joked she

would like to start a slow movement for slow runners.

She ran the 1981 marathon in five hours and one minute and hopes she can finish in a time slower than that!

And what about former Queensland Police Commissioner, Ray Whitrod.

He is rearin' to go in

his first big race — not bad for a spritely gent of 68.

lands opposite the University gym and welcome the runners as they cross the finish line.

There will be a band and various Life. Be In It activities for the whole family.



Sunday Mail Festival City Marathon



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SPORTS FOOTWEAR

NO SENSIBLE OFFER
REFUSED

MUST SELL

JOHN MEHAFFEY'S
CITY CROSS

(Now in old Gas Co. Showroom)

Avoid a 'dry run'

THE director of the Sunday Mail Festival City Marathon, Mr Bruce Abrahams, advises runners to choose shoes a size slightly larger than a snug fit. "This is because your feet swell during running," he said.

Another last minute reminder is to plan your drinks.

Mr Abrahams said the first rule of running a marathon comfortably and safely is to drink often and early.

"You don't need to drink on runs up to 30 minutes or so, but a marathon takes hours," he said.

"Runners lose from one to two litres of fluid each hour, and even drinking

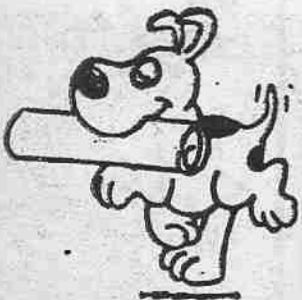
every 20 minutes will replace body fluid at only half this rate.

"Body fluid loss leads to dehydration, heat exhaustion and heat stroke, however mild the temperature, so it is imperative to replace the fluid at regular intervals," Mr Abrahams said.

In the Sunday Mail Festival City Marathon, aid stations will be manned by Apex Club volunteers along the course.

"Use them all. Drink two cups at the start of the marathon and one cup at every aid station.

"You'll finish and you'll finish freshly."



Sunday isn't
Sunday without
Sunday Mail



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backing
every
marathon
runner*

WE OFFER A COMPREHENSIVE RANGE OF T-SHIRTS, SHORT & LONG SLEEVE SWEAT-SHIRTS, JACKETS ALL DESIGNED IN CLUB OR CORPORATION COLORS. PROMOTIONAL CAPS, TIES, CLOTH BADGES & BUMPER STICKERS.

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Marathon

Dave Patterson and Wayne Chettle carry SA's hopes against the Victorian challenge in Sunday's Festival City Marathon.

Patterson, 36, has recorded 2 hours 21 min., while Chettle lead the field for most of the recent West Lakes marathon before "hitting the wall" at the 32km mark.

Top runners Paul O'Hare and John Duck from Melbourne are both experienced, and could prove a one-two combination in the 42.2km course from Gawler to Adelaide.

Both men are 2 hour 20 min. runners, and Duck has represented Australia internationally.

Also in good form are Australian 100-mile record-holder Peter Schultz, State representatives Alan Harley and John Williams, Sydney-sider Hans Visch and prominent cross-country skier Malcom MacKay.

In the women's division, Desiree Leatherby and Maureen

Moyle are two of the main contenders, both being capable of times lower than 2 hours 50 min.

Record field to run in local marathon

"If you want to know what you'll look like in 10 years, look in the mirror after you've run a marathon."

That comment was made by US marathon runner Jack Scaff and tomorrow about 1400 people will be able to see if it is true after running the Festival City Marathon.

A record 1564 people have entered SA's only mass-participation marathon, which will be run from Gawler to Adelaide for probably the last time.

Next year the course almost certainly will be different.

And while the race is lacking in class, it should at least be close.

Race director Bruce Abrahams said yesterday: "It's the slowest marathon in Australia and we're proud of it."

"It means we're encouraging people to run who aren't concerned about their performances."

The oldest entrant this year is Richard Bryant, who at 72 is aiming for a time of 3 hr. 40 min.

The youngest is 11-year-old Vance Remphrey of Port Pirie.

The Premier, Mr. Bannon, will run as usual and is aiming at a time of 2:50.

He wants it known he is a runner not a jogger, and word is he never trains at more than six-minute mile pace.

Also running will be star of stage, screen and radio, Ken Cunningham.

By **ANDREW BOTH**

Cunningham is to marathon running what Col. Gaddafi is to the peace movement and he probably will be happy just to finish.

Another interesting entrant is Ray Whitrod, 68, the former Queensland police commissioner.

Joint favorites for the race are Victorians John Duck and Paul O'Hare.

Duck has a best time of 2:19.47, less than one minute better than O'Hare.

O'Hare finished second last year behind ACT's Colin Neave, who will not defend his crown because of injury.

However, first across the line should be wheelchair athlete Robert Turner.

Either Desiree Letherby or Maureen Moyle should win the women's section.

The race will start at 8 a.m. in 22nd Street, Gawler, and proceed down Main North Road, Midway Road, Main North Road again, Smith Road, Bridge Road and Hampstead Road.

The course then follows Main North East Road, Nottage Terrace, Main North Road and O'Connell Street to Palmer Place and Light's Vision.

It then goes down Montefiore Hill and along War Memorial Drive to the finish outside the University gym.