



SOUTH AUSTRALIA

RUNNING

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



Everyone Run

Festival City Marathon

Eyewitness Corporate Cup



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A journal of the



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Cover: The start of the YMCA Couples Fun Run in the picturesque parklands of Adelaide.

Editorial

This Special Christmas edition of *SA Running* is another forward step in the growth and development of SARRC. We intend in future to produce a colour annual each November as a feature of the year's highlights.

Our Journal will return to its normal format in February '84, but for this issue you will notice we have excluded a contacts guide, a medical page, opinion page, up front and other usual articles. I would like to sincerely thank our contributors throughout 1983 and record a special mention to the willing workers who carried the journal from its modest beginning to our present publication.

I hope a later issue can record our thanks more fully.

The Festival City Marathon through its outstanding success has grown to be the flagship of the SA Road Runners. We are justly very proud of the high standard of organisation, the friendly atmosphere, large field of runners and high percentage of finishers. A large content of this issue focusses on the marathon as a souvenir for 1983. It celebrates the last Gawler to Adelaide run; a new course announcement for 1984; and the giant 150th Jubilee planned for 1986.

A warm welcome to all our new members, local, country and interstate and each of the corporate cup runners. May your run into '84 be a pleasant one. Merry Christmas.

Several articles and letters could not be printed in this issue due to a lack of space. Thank you for your contributions.

PRESIDENT'S PAGE

OUR MARATHON JOINS THE WORLD'S BEST

The big news is the fantastic new course approved for the sixth Annual Sunday Mail Festival City Marathon next year. Why so?

There are several ingredients that make a marathon good — first class organisation and a friendly, caring race atmosphere; and the ingredient that makes a marathon great — a fast and spectacular course.

The new course moves the event to centre stage. We are literally taking over the city on the last Sunday in August. Major roads will be closed. The course is traffic-free, such is the goodwill and support for the event by the SA Police, Councils and sponsors. No other city in Australia can boast such a course which boldly takes in its highlights.

We can now join New York, London and the scores of big cities throughout the world that stage an annual traffic-free, centre-city marathon. Excuse our pride of Adelaide if we boast that our course is one of the most spectacular and beautiful — exactly like Adelaide itself!

The marathon has become the flagship of the long distance running and jogging. It represents the tip of the iceberg. Of an estimated 84,000 adult joggers in our State (population 1.3 million), only about 2,500 have ever run a marathon. However, the mass marathon movement both here and world-wide, has helped to raise the status of running and jogging in the community generally. To many people, finishing a marathon is just the inspiration needed to take on running as a sport and a means of healthy exercise.

When the New York City Marathon moved out of Central Park in 1975 to the city streets, it gave the marathon the extra dimensions of style, visibility and thoroughly international flavour. Who would have predicted that watching a marathon footrace would catch the imagination of millions of New Yorkers in such a way?

London Marathon Race Director and 1956 Olympic steeplechase gold medallist, Chris Brasher eloquently describes what makes the London Marathon an "absolutely magic day." In doing so, he gives us a set of ready-made objectives for our own event.

"First, it is a world-class sporting event for both men and women . . . Second, it provides 'Sport for All' in an event that represents the spirit of the Family of Man . . . Third, it mixes the elite with the rest of us in what makes it unique in the annals of sport . . ."

Brasher asks, "Can you go out on to the pitch at Lord's and strike a ball in an England versus Australia match? Can you compete against Seb Coe and Steve Ovett at Crystal Palace? . . . No," he said, "but you can take part in the very same marathon race with the best in the world and add your unique colour and flavour."

With the Olympics now a battleground of ideology, Brasher proposes that the mass marathon movement has become the repository of Baron de Coubertin's great Olympic idea, ". . . the important thing is not to win, but to take part, just as the important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

Brasher was inspired by his own running in the 1979 New York City Marathon to write, ". . . millions of us, competitors and spectators alike had seen a vision of the human race, happy and united, willing their fellow human beings to a pointless but wonderful victory over mental doubt and human frailty." From this experience, the London Marathon was born.

And that is why our new course is so fantastic. Moving to centre stage will bring 100,000 or more spectators by 1986. It shifts our event into the category of Johnny's Christmas Pageant and Grand Final Day as an annual South Australian people's spectacle.

For spectators, it will be both dramatic and uplifting. There is no other running event quite like the marathon that brings such interaction between the crowd and competitors. And for us runners it will be both moving and activating — like kicking the winning goal on Grand Final Day.

No other sport can claim so many winners.

Bruce Abrahams

Behind the Marathon

By Peter Haynes

For the past five years Adelaide's Festival City Marathon has worked at establishing and maintaining a reputation as Australia's friendliest marathon.

It has been successful in establishing that image while watching the event grow from a total entry of 695 runners in 1979 to the 1584 who ran this year.

It is a reputation which has inspired serious runners and plodders, families and work groups to compete, something born out of the fact that the field this year contained 11 per cent women, the highest proportion of any marathon in Australia.

That figure has been growing steadily but organisers say they will not be happy until it reaches 50 per cent.

The event has also helped build the pool of distance runners in SA, throwing up such figures as Australian cross-country representative Desiree Letherby and State marathon representative Jenny Flood who both started with top performances in the Festival City marathon.

It can also claim the fastest political figure in Australia in Premier John Bannon, whose time of 2 hours 44 makes him the fastest political leader in the world.

Supreme Court judge Justice Robin Millhouse, a sub-three hour performer is another regular competitor.

F.C.M. can claim, with some justification, to being one of the major reasons why Adelaide is gaining a reputation as being the most running-oriented capital of Australia.

But marathons don't just happen. They require careful planning and organisation, behind the scenes stuff which is rarely glamorous and often frustrating.

There are first aid and drink stations to be organised, start and finish line systems to be organised and improved as the field gets bigger, council approvals to be obtained, police approval and assistance to be organised and medical staff and pick up vans for those who cannot finish.

In 1982 entries topped the 1000 mark for the first time which meant alterations to the finish line system and the growth of the event to this year's 1564 meant computers will be called in to help at the finish next year.

1984 poses a real challenge for the organisers.

In order to make the Festival City marathon an international event by 1986, one of the long term aims of the committee, the course had to be changed from the point-to-point Gawler to Adelaide to an out and back run.

Work began on that before this year's marathon had been run.

A budget of \$20,000 was set and a double loop course taking in part of the city centre drawn up.

After six months discussion with Councils, police and others the new course has been approved.

Now follows the promotion, printing and distributing of entry forms, work in training clinics and work to attract crowds to watch and support the runners.

There is also a need to find about 500 volunteers to man the aid stations, run the finish and starts and handle the thousands of jobs which crop up during a run.

So far the event has been organised by enthusiastic runners in their own time.

The lack of complaints and the large number of compliments received indicates they are doing well.

But that will be just another step in the run's progression which can only be described as one of the real success stories of the state.

The organisers have done all they can to help everyone "overcome their own Mount Everest."

Festival City Marathon

Sunday
Mail

FINISH

2:51:16

NORDICA

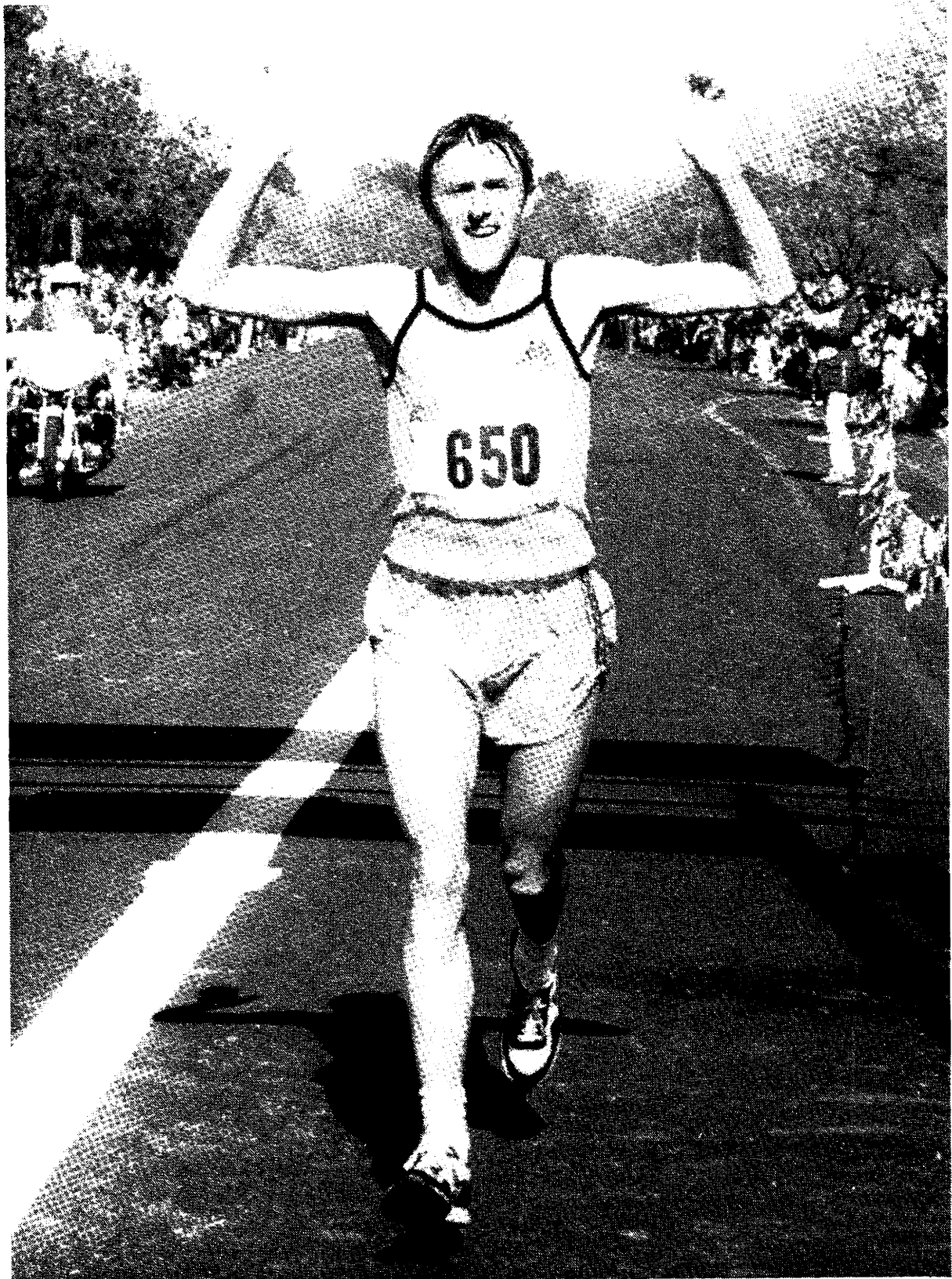
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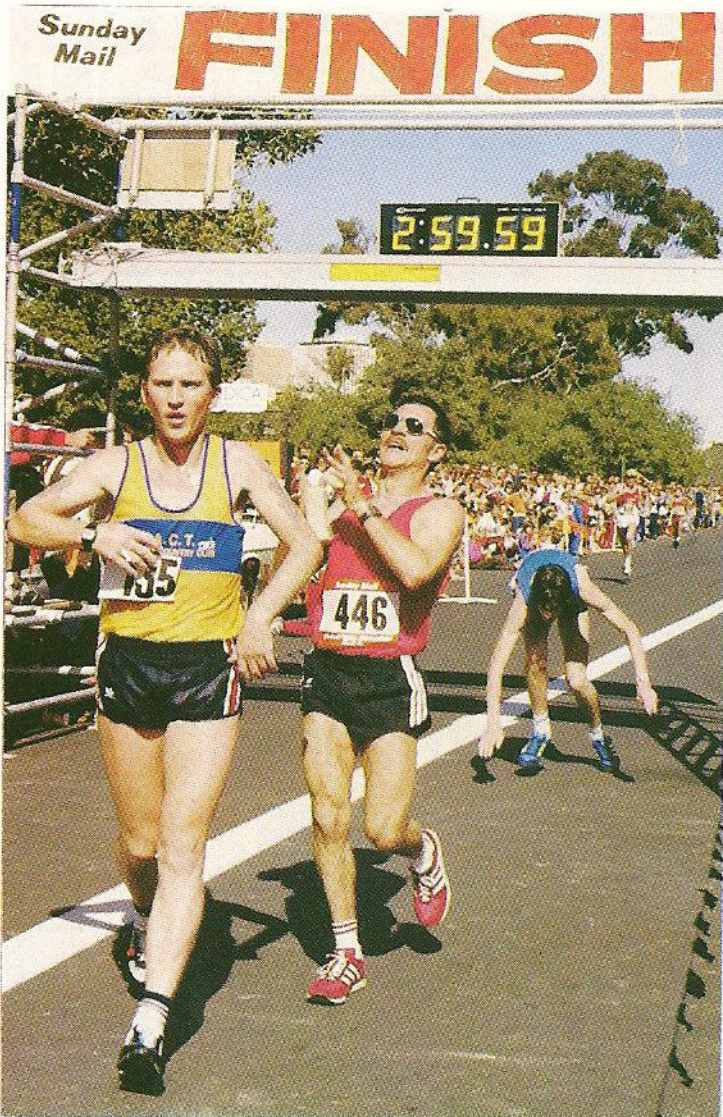
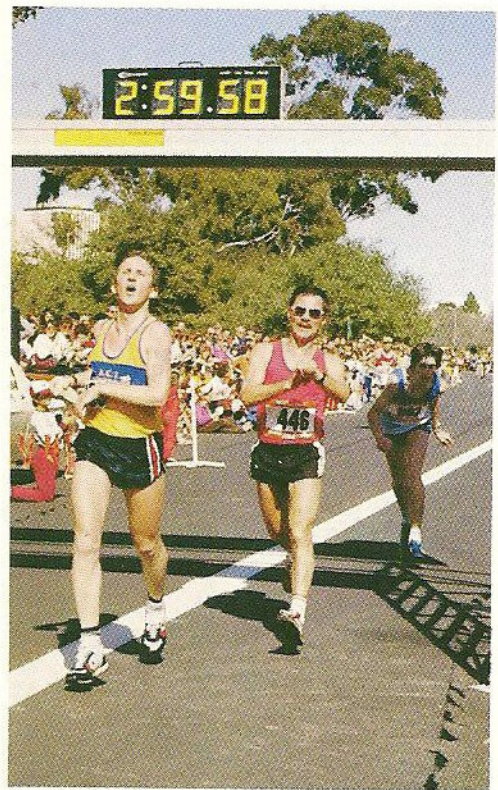
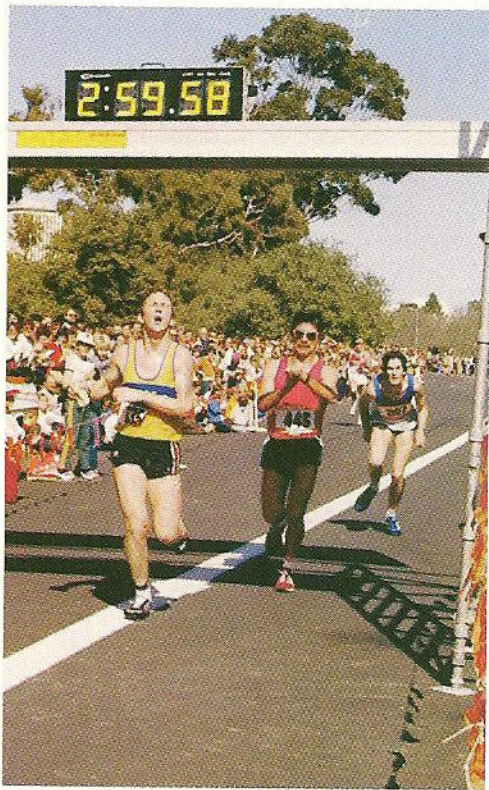
130

Winner of the Women's Division
(500) Desiree Letherby in 2:51:15 crosses the finish
line with (130) Ray Spilling 2:51:15 and
(414) Terry Rowe 2:51:16.

SUNDAY MAIL/FESTIVAL CITY 1983 Marathon Winner



PAUL O'HARE (VICTORIA) 2:20:27



2:59:58

Two metres to go, legs collapsing, a sub-three-hour finish seems impossible for the third runner.

2:59:58

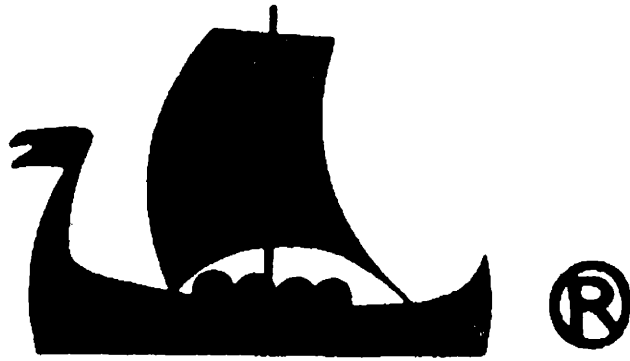
One step is like a mile.

2:59:59

Determination reaps its rewards — a personal victory for all three runners.

Sub 3 hrs.

The runners are (135) Terry Walsh, (446) Wilfried Lamprecht, and (1107) Ben Phillips. Congratulations.



NORDICA

"THE GOOD TASTE"

STATISTICS OF THE SUNDAY MAIL FESTIVAL CITY MARATHON Sunday, August 28, 1983

Lord Mayor's Perpetual Trophies, "Nordica" Trophies

1st Male Runner	Paul O'Hare (Vic)	2.20.27 (rec)
1st Female Runner	Desiree Letherby (SA)	2.51.15 (rec)

SARRC Trophies

1st Male Wheelchair	Peter Trotter (NSW)	2.01.59 (rec)
1st Female Wheelchair	Julie Russell (SA)	3.08.35 (rec)
1st Male Racewalker	Peter Fullager (SA)	3.50.15 (rec)

"John Bannon" Veterans Perpetual Shield

1st Male 40-49 years	Frank Howitt	2.36.53
1st Female 40-49 years	Angela Stephen	3.32.56
1st Male 50-59 years	Allan Hartley	2.49.00 (rec)
1st Female Over 50 years	Sonia Simpson	3.26.17 (rec)
1st Male Over 60 years	Bill Caudle	3.23.35
Oldest Male — 72 years	Richard Bryant	3.59.11
Oldest Female — 58 years	Olive Snuggs	6.32.29

Endurance "Hare and Tortoise" Award

Slowest Finisher	John Lodge	6.46.52 (rec)
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Channel 10 Christmas Appeal Award

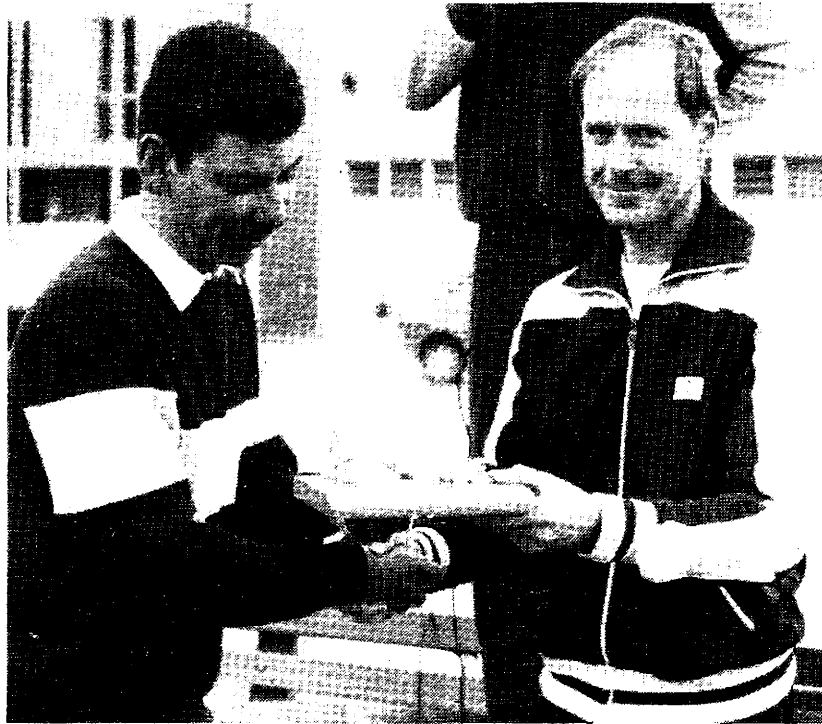
Most Money Raised — \$614.00	Simon Simms (fully clothed — in army gear)	4.46.40
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TOTAL AMOUNT RAISED BY RUNNERS **was \$13,234.07**

SARRC club and Team Awards

Athletic Club — Adelaide Harriers	Peter Hooper	2.26.18
	David Patterson	2.28.57
	Roger Nickson	2.29.17
Female Team — SA Women Keep Fit	Avril Hill	3.04.58
	Mollie Whitehorn	3.09.49
	Anne Lindh	3.46.57
Corporate Team — Flinders Medical Centre	Andrew Chittleborough	2.34.24
	Kym Piper	2.45.05
	Philip Henschke	2.45.38
Family Team — Lamprecht Family	Wilfried Lamprecht	2.59.58
	Frank Lamprecht	3.18.30
	Bruni Lamprecht	3.31.51

Aug. 28



1983

John Lodge, left, is presented with the Endurance "Hare and Tortoise" Award by the Chairman of the Marathon Race Committee Russell Paterson.

Corporate Team – Flinders Medical Centre	Andrew Chittleborough	2.34.24
	Kym Piper	2.45.05
	Philip Henschke	2.45.38
Family Team – Lamprecht Family	Wilfried Lamprecht	2.59.58
	Frank Lamprecht	3.18.30
	Bruni Lamprecht	3.31.51

Marathon Statistics

	1979	1980	1981	1982	1983
Entrants	695	909	918	1176	1564
Starters	525	726	739	929	1384
Finishers	464	691	707	878	1330
% Finished	88%	95%	96%	95%	96%
Sub 3 hrs	24	69	76	59	170
Average Time	3.49.50	3.36.35	3.39.00	3.49.25	3.39.50
Female Entrants	27	52	89	113	164
% Female Entrants	3.9%	5.7%	9.7%	9.6%	10.5%
First Time Entrants		522	437	548	828
% First Time		60.7%	47.6%	46.6%	52.9%
Interstate/Overseas		24	70	89	76

Weather Conditions:	8.00 am Temperature	7.6°C
	12 noon Temperature	16.0°C
	Fine, sunny. Wind	9.00 am NE 8km/hr 12.00 noon NNE 10km/hr

SARRC MARATHON COMMITTEE

Russell Paterson (Chairman), Fay Nichols (Secretary), Tom Matthews (Treasurer), Bruce Abrahams (Race Director), Bronte Turner, Elva Abrahams, Bob Barnard, Dr Gavin Beaumont (medical coordinator), Margaret Thompson (SA Women Keep Fit), Barry Stewart (Salisbury Apex), Des Paul (Athletic Association of SA), Margaret Mason (Channel 10), Ron Longstaff (Sunday Mail), Brian Goodhind.



BRUCE ABRAHAM'S AFTER COMPLETING THE 1983 OFFICIALS MARATHON

PROFILES OF COMMITTEE MEMBERS

"Who's Who on the SARRC committees"



BRONTE TURNER

S.A.R.R.C., Member of the Marathon Committee, Member of the Sunday Clinics Organizing Group, Chairman of 1983 Great Adelaide Fun Run Organizing Committee, Co-Organizer Wang Australian Marathon Sydney Coach Tour.

It is a wonder how Bronte, 34, finds any time in which to run, for apart from all the work he does for SARRC, as a father of two sons he is also heavily involved with the Boy Scouts and Cub movement.

Bronte started running three years ago, with a couple of colleagues from the Flinders Medical Centre, where he is Head of the Illustration and Media Department.

He would run three times weekly, during his lunch break, wearing a pair of Dunlop Volley shoes, thinking that to buy a decent pair of running shoes would be going overboard!

However, after suffering a knee injury, and also beginning to feel that there was no depth to his running, Bronte decided to join SARRC and to invest in a pair of running shoes.

After training hard for the 1981 Festival City Marathon, only six weeks prior to the event he suffered a knee injury and was advised to keep his fitness up by swimming or bike-riding. He then hired an exercise-bike for a month, in the hope that he would still be able to make the marathon. His comments

"Have you ever tried riding one of those things for two hours? It is painful and extremely boring. Thank goodness the Aussie cricketers were playing England in the U.K. It helped to pass the time in the early hours of the morning!"

The treatment was unsuccessful and he had to postpone his ambition for a while. He did, however, win the SARRC 1982 Pacing Handicap by running 22 km to within one second of his predicted time!

Bronte eventually ran his first marathon, the Festival City, in 1982 in a time of 3 hr 46 min. He recently improved on this time by 17 minutes in the Sydney Wang Marathon with a time of 3.29.35.

The resounding success of the Sydney Coach Tour was due, in no small part, to Bronte's hard work and organizing ability.

"GOOD LUCK RUNNERS"

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AUGUST 28, 1983
by ANGIE GILLINGHAM

Statistics on the growth of the Festival City Marathon are interesting: 1979—total 695/female 27; 1980—909/52; 1981—918/89; 1982—1176/113; 1983—1504/162. The increase in female runners proves that women's running in South Australia is certainly not declining.

Being only a recent arrival on the running scene, I had never taken part in the Festival City Marathon, but when I heard that this year would be the final run over the Gawler to Adelaide course I decided I would like to be part of its history. (Incidentally, race director Bruce Abrahams informs me that the new course for next year's marathon will be one of the fastest and most spectacular in Australia. Especially catering for the tourist and interstater, it will take in all of Adelaide's features.)

As the temperature for last year's run had reached a maximum of 28°, I theorised that it could not possibly be as high this year. I was proved right, but even so it was to rise to a warm 20° with sunshine all the way. However, it must have suited the majority as most seemed to run personal best times.

As with all SARRC events, the organisation was impeccable. Numerous buses took runners to the start (you guessed it, 42.2k away), and hundreds of garbages were provided to cart track-suits etc back again. The aid stations were superb, and it was such a treat as a 'slowie' to arrive and still find plenty of water/Gatorade and loads of soaking sponges.

At the start all was noise and excitement with runners using the usual tactics: "I've been in bed all week" . . . "My leg's broken really" . . . and then taking off, never to be seen again. The wheelchair athletes (5 male, 1 female) went off 1 minute before the mob. It took me over half a minute to pass under the start banner and I was still forced to a walk for a further minute. Then it was on in deadly earnest.

My girlfriend Carol and I had been training together and we went out at a steady 6.30 pace. Further along the slight undulations gave us a fascinating view of a mass of runners snaking on as far as the eye could see. The police are terrific on the SA running scene, and the run was allocated one lane of the three-lane highway.

We pressed on to the halfway mark, by which time the first three wheelchair athletes were well home (Peter Trotter 2:01.59, Jeff Wiseman 2:04.45,

Festival City Marathon

O'HARE SETS RECORD



Robert Turner 2:07.54). I reflected that the front runners soon would be too. And so it was, the winner Paul O'Hare from Victoria setting a new course record of 2:20.27. Paul said later that he was only 7 seconds outside his PB, but as he wasn't wearing a watch he hadn't realised this. However, he still seemed pretty pleased to take out the 1983 FCM just over a minute ahead of fellow Victorian and

training partner John Duck (2:21.52), who promptly fainted and was carried off by the ever-vigilant St John's. First South Australian—in 3rd place—was Peter Schultz (2:24.44).

Meanwhile, back on the road, Carol and I were being cheered on in fine style by her numerous friends and relations. Here was mum, complete with English soccer rattle, making a fine old din and offering cut-up oranges

FESTIVAL CITY MARATHON — contd. from page 6

to suck. Perhaps she thought it was half-time (we certainly wouldn't have minded a rest).

On to the 30k mark and 'Heartbreak Hill', where we walked for the first and only time. Back at the finish Premier John Bannon had already crossed the line and was off on official duties, returning later to present trophies.

By the 32k mark things were really getting tough—and to think that the first ladies home (Desiree Letherby 2:51.15, Maureen Moyle 2:59.19 and Helen Alderson 3:02.11) were by this stage showered and relaxing with a cool drink!

We just got slower and slower, but at this point were greatly assisted by our own 'portable aid station' in the form of my long-suffering boyfriend, who materialised to assist us over the last agonising stretch. But my time of 4:46.59 at least enabled me to keep my promise to numerous running mates: "Well, I'm hoping for a sub-3, but I'll be happy with a 4:50." ≠

PETER TROTTER—wheelchair athlete supreme.



Dancing in the streets

Honolulu without the hula
by Grant Aldous

There was the distinct feeling of a recurring experience. From the time of stepping into Adelaide University's gymnasium to pick up my race number and during the race the following morning I was telling myself that this was like the Honolulu marathon.

Friendly. Well organised. And a huge completion rate. Yes Honolulu — minus hula girls. For this is the Festival City marathon which is modelling itself on Honolulu's.

The touch of *deja vu* started in the gym when I saw a video tape recording of the 1980 Honolulu marathon which brought back thoughts of that memorable day.

The video screening was part of an airline promotion for a runners' tour to this year's Honolulu marathon. It was just one of a number of stands in the gym. One was selling running gear, another promoting health foods, a third expanding the virtues of not smoking, and another giving fitness tests.

With the superb organisation, solid community backing, and the success of competitors, it is a good marathon. Not a fast one, but a worthy one.

Indeed, it seems to live up to its self-proclaimed title of being "Australia's friendliest" and race director Bruce Abrahams is proud that it is slow.

Bruce, who is also president of the mammoth South Australian Road Runners Club, says of the marathon: "We see it growing both in participation and depth of community support. We claim the title 'Australia's friendliest', not out of lack of generosity to the other top national events, each of which is developing its own style, but because we do try to cater deliberately for the slow as well as the swift runners.

"Our success is reflected in our slower average finish time; our higher completion rate (95 per cent) and our much higher female participation rate (more than 11 per cent). Our aim is to be Australia's Honolulu — an annual mecca for runners throughout the state and nation."

The point-to-point course, which is not very scenic, has some undulations and several testing hills, but is probably no tougher than its Melbourne cousin — the Big M.

It starts at Gawler racecourse — north of Adelaide — and proceeds along Main North Road where at the 18km mark is a telling little hill by the Old Spot Hotel. Half way there is a turn into Smith Road and a steady and punishing climb.

In Bridge Road there are some hills — the Para Hills — which are not the most strategically placed obstacles as some people "hit the wall" at the 30km post. Hampstead Road is flat and then along Main North East Road past the ABC building and into pretty North Adelaide. Past Light's Vision, a statue of Col. Light overlooking the city he founded, which is the 40km sign, and then it is down hill into War Memorial Drive and the finish. There were 1564 entries and about 1450 starters. Many ran personal best times.

Race day. The forecast was for a minimum of 5 deg. Celsius and a maximum of 18. The morning was cool. Runners motored to Gawler racecourse on coaches organised by the SARRC. Others made their own way to the famous course in time for the pre-race check-in.

There was a carnival atmosphere buzzing around the grand old stand. The smell of linament waffed in the still air; runners stretched and jogged to fight the crisp morning.

The Gawler Town Band played as announcements were made: "Make certain you have checked in". (There was no chance of a cheating Rosie here); "Is Paul O'Hare here — if so, please come to the PA van" (Nothing like assurance that the pre-race favourite was to line up); and so on.

Outside the racecourse the two expected frontrunners — O'Hare and John Duck, both from Victoria, eyed each other like gunfighters preparing for a shoot-out. But as regular training partners neither could hide a secret weapon.

Runners started to move to the starting line in 22nd Street, on the north side of the racecourse, at 7.30 am to be greeted by the brass band continuing to *ompah-ompah*. Runners were requested to assemble roughly according to their predicted finishing time. They did — in a very civilised manner. There was no pushing and shoving, but bountiful



bonhomie.

At 7.59 am the wheelchair entrants whizzed away. A minute later the marathoners were off, making a sharp turn into Main North Road. The field quickly settled down. With the orderly start and people being conscious of their own speed, there were no cases of youngsters or other slow runners being knocked down by the quickies. How refreshing!

Distance markers were placed every

It was a case of second time lucky for Victorian country runner Paul O'Hare.

Last year in Adelaide's Festival City Marathon O'Hare came second to Colin Neave from the ACT. This year he won.

He came from behind to beat fellow Victorian John Duck in 2:20.27 — a course record.

Duck was just over a minute behind.

Duck led from the start but was passed by O'Hare just after 39km.

O'Hare, 34, from Warragul, did his run easily although only seven seconds outside his personal best. Duck did not. He ran from memory over the last few kms. and had to be caught by St. Johns Ambulance officers after crossing the finish. He recovered, after being placed on a stretcher, some 10 minutes later.

Ironically, the two frequently train together.

Third-placed Peter Schultz was the first SA runner across the line in 2:24.44, narrowly beating Wayne Chettle, brother of Olympic marathoner Dave.

Desiree Letherby won the women's



5km and at the half-way point with times called every 5km and also half-way. Aid stations were every 3km to the 36km stage, and then at the 38km and 40km marks. Manned by members of Apex and other community groups and school-children, they were wonderful. Sponges at hand and cups of water and an isotonic drink.

Petrol stations opened their lavatories

section for the third time, recording 2:50.51.

The first competitor to finish was wheelchair athlete Peter Trotter, 27, of Sydney, whose time of 2:00.59 is believed to be an Australian wheelchair record. He had just returned from Britain where he set a world 5000 metres record of 15:31.

Julie Russell was the first woman wheelchair athlete.

Results

Men: 1. Paul O'Hare 2:20.27, 2. John Duck 2:21.52, 3. Peter Schultz 2:24.44, 4. Wayne Chettle 2:25.14, 5. Peter Hooper 2:26.18, 6. Tom Marshall 2:26.50, 7. George Tallis 2:27.39, 8. David Patterson 2:28.57, 9. Roger Nickson 2:29.17, 10. Trevor Mitchell 2:30.52. **Women:** 1. Desiree Letherby 2:51.15, 2. Maureen Moyle 2:57.19, 3. Helen Alderson 3:02.11, 4. Wendy Hendricks 3:03.11, 5. Avril Hill 3:04.58. **Wheelchair: Men:** 1. Peter Trotter 2:01.59, 2. Jeffrey Wiseman 2:04.45, 3. Robert Turner 2:07.54. **Women:** 1. Julie Russell 3:08.35.

for runners as members of the Jaguar Club cruised along the route ready to pick up drop-outs.

But what sticks in mind is the people of Adelaide. They stood along the course cheering and clapping the field. Their enthusiasm and encouragement equaled that of Hawaiians.

And there is that amazing Australian trait, familiarity. A personality is recognised and it is first-name terms. Even with Premiers. "Come on John", "Go for it John" and urging always including "John" were shouted at a runner beside me late in the race. Wearing football shorts and a singlet with a crow printed on it, I did not recognise him until someone yelled: "There's Mr. Bannon". I was with the Premier of South Australia!

He pulled away from me to run a personal best of 2:44.12. Having once worked for politicians I did not approve of being passed by an MP. What I would like to know is how can a Premier find time to train for a marathon? Perhaps, on reflection, all parliamentary leaders should be runners. At least I could not hold running against them!

About half-way along the course there was a high school band and many aid stations had radios blaring. Naturally the theme for Chariots of Fire rated highly.

I reckon that all that Bruce Abrahams has to do to securely capture the Honolulu spirit is to get more bands and a few other diversions, and encourage people to picnic at the finish area. Turn the finish into a giant barbecue.

The finish area — like all big marathon finishes — was good. People lined the barricades urging runners over the last few hundred metres.

Runners without official race number were stopped from entering the straight.

The computer print-out of entries and clear race numbers allowed the commentator to quickly identify runners over the last 200 metres. He would give their names and pbs, urge them to set a personal best, offer encouragement. Runners striving to beat three hours got fantastic support and the commentator got very excited as the number of pbs steadily increased.

The official \$1 program was handy for checking on the ages and pbs of runners. It was included in the kit for entrants but I feel that the \$10 entry fee is a little steep. (*Unlike most other large marathons the Festival City receives little or no direct financial sponsorship. All monies from entries is used for the race.* Ed.)

A digital timer overhead at the finish (smile! for the photo if you can), an official asking if you are okay, a shake of

head, a slip of paper giving your provisional placing, and beaming girls to put a medal over your head. Ah ha! Bruce, that is something else. What about the girls offering a peck on the cheek for the guys and willing me doing the same for women finishers?

There were random prizes, cups of tea and coffee and free stubbies of beer for the finishers. Plus a plastic bag with an apple, a big biscuit and a piece of cake. Barbecues would be ideal for the finish area which is set in a magnificent park by the River Torrens.

What I did not like were the two bad crossings into the path of traffic. But this will probably be eliminated next year when — after five years — a new traffic-free course, skirting the city, is introduced.

And another Honolulu-Adelaide thought. In 1980 a runner collapsed not 100 metres from the finish line and was taken to hospital. After being discharged he returned to finish the run. A similar thing happened in Adelaide this year. One runner collapsed just 1.5km from the finishing line. The next day he rang Bruce Abrahams saying he was fully recovered and wanted to go to Montifore Hill and run the last mile to the finish. That's the marathon spirit.

For me, I enjoyed the race — if that is possible in a marathon, recording a pb of 2:46.54 and finishing 56th — and Adelaide.

Adelaide — I dips me lid.





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At 7.59 am the wheelchair entrants whizzed away. A minute later the marathoners were off, making a sharp turn into Main North Road. The field quickly settled down. With the orderly start and people being conscious of their own speed, there were no cases of youngsters or other slow runners being knocked down by the quickies. How refreshing!

Distance markers were placed every

5km and at the half-way point with times called every 5km and also half-way. Aid stations were every 3km to the 36km stage, and then at the 38km and 40km marks. Manned by members of Apex and other community groups and school-children, they were wonderful. Sponges at hand and cups of water and an isotonic drink.

Petrol stations opened their lavatories

It was a case of second time lucky for Victorian country runner Paul O'Hare.

Last year in Adelaide's Festival City Marathon O'Hare came second to Colin Neave from the ACT. This year he won.

He came from behind to beat fellow Victorian John Duck in 2:20.27 - a course record.

Duck was just over a minute behind.

Duck led from the start but was passed by O'Hare just after 39km.

O'Hare, 34, from Warragul, did his run easily although only seven seconds outside his personal best. Duck did not. He ran from memory over the last few kms. and had to be caught by St. Johns Ambulance officers after crossing the finish. He recovered, after being placed on a stretcher, some 10 minutes later.

Ironically, the two frequently train together.

Third-placed Peter Schultz was the first SA runner across the line in 2:24.44, narrowly beating Wayne Chettle, brother of Olympic marathoner Dave.

Desiree Letherby won the women's

section for the third time, recording 2:50.51.

The first competitor to finish was wheelchair athlete Peter Trotter, 27, of Sydney, whose time of 2:00.59 is believed to be an Australian wheelchair record. He had just returned from Britain where he set a world 5000 metres record of 15:31.

Julie Russell was the first woman wheelchair athlete.

Results

- Men:** 1. Paul O'Hare 2:20.27, 2. John Duck 2:21.52, 3. Peter Schultz 2:24.44, 4. Wayne Chettle 2:25.14, 5. Peter Hooper 2:26.18, 6. Tom Marshall 2:26.50, 7. George Tallis 2:27.39, 8. David Patterson 2:28.57, 9. Roger Nickson 2:29.17, 10. Trevor Mitchell 2:30.52. **Women:** 1. Desiree Letherby 2:51.15, 2. Maureen Moyle 2:57.19, 3. Helen Alderson 3:02.11, 4. Wendy Hendricks 3:03.11, 5. Avril Hill 3:04.58. **Wheelchair: Men:** 1. Peter Trotter 2:01.59, 2. Jeffrey Wiseman 2:04.45, 3. Robert Turner 2:07.54. **Women:** 1. Julie Russell 3:08.35.

Bannon after more than fun

The Premier, Mr Bannon, will compete in the famous Himeji fun-run during his visit to Japan in early October.

By Randall Ashbourne

His nomination for the event, on October 10, has sparked wide public interest in Himeji, which is one of Adelaide's sister cities.

Himeji is near Osaka. Mr Bannon was non-committal yesterday about where he hoped to finish in the race, saying he hoped SA would "win" significant new investment from the 16-day trip.

At the heart of Mr Bannon's first overseas

mission as Premier is Japan's massive trade imbalance with SA.

In 1981-2, SA's major exports to Japan totalled \$140.4 million—compared with \$284 million worth of Japanese products flowing into the State.

Two State Development officials have gone to Japan ahead of the Premier to line up meetings and promotions through which Mr Bannon hopes to boost interest in SA as a tourist destination and as a profitable area for new resource development.

But emphasis will be placed, also, on en-

couraging Japanese investment in other areas of SA industry, particularly in the high-technology field.

On his way back from Japan, Mr Bannon will hold talks with business and government officials in Hong Kong and Singapore for several days.



Mr Bannon

Our marathon tests him

MR Bannon today joined a record 1570 runners in the gruelling Sunday Mail Festival City marathon from Gawler to Adelaide.

The 42.2km slog, beginning at 8 am, is expected to be watched by thousands of spectators along the route to the finish at the Adelaide University

Gym, Mackinnon Parade.

The first runners to cross the line in the marathon will finish around 10.30 am but the majority are expected from midday onwards.

An official presentation ceremony will be held at the finish between 2 pm and 2.30 pm.

Many runners will be

sponsored by family and friends with proceeds going to Channel 10's Christmas Appeal.

Every entrant who crosses the finish line will receive a medallion which will feature the entrant's name and time.

In addition to the

marathon contestants, thousands of fun runners are expected at the parklands finish after competing in the James Hardy Everyone Fun Run.

The 4km Fun Run was due to start at 9 am near the corner of Le Fevre Tce and Kingston Tce, North Adelaide.



Like set from M.A.S.H.

The finishing area at yesterday's *Sunday Mail Festival City Marathon* from Gawler to Adelaide resembled a set from M.A.S.H.

Not that there was anything extraordinary about the race — all mass-participation marathon finishing areas look like casualty wards.

Runners lay everywhere. Some were exhausted, some delirious, some vomiting, some almost unconscious, but most were just tired.

And they had a right to be after 42.2 kilometres of undulating roads and weather far too hot for an ideal marathon — if there is such a thing.

Contrast abounded. The first runner home, Paul O'Hare, from Victoria, looked like he had just finished a light run as he stormed home in 2 hours, 20 minutes, 27 seconds to set a course record.

Just over a minute later, second-placed John Duck, also of Victoria, crossed the line.

He stood still for a moment, frothed at the mouth, then started to sway.

St. John volunteers caught him before he fell, and he was whisked away on a stretcher. He looked to be unconscious.

Ten minutes later he was walking around cheerfully. "That's par for the course for me," he said.

"I was running from memory the last three or four kilometres. I don't remember the last two.

"I came around on the stretcher."

And O'Hare, 34, who lives in Warragul, just 25 kilometres from Duck, said: "John has a habit of running himself to that stage.

"He's such a gutsy runner. He runs himself into oblivion.

"I passed him after 39 kilometres

By ANDREW BOTH

and I could tell he was pretty well spent."

O'Hare and Duck often train together and know each other's tactics well.

O'Hare's time was seven seconds outside his personal best. A public servant, his next marathon will be Melbourne's Big M in October.

He came second in Adelaide last year behind Colin Neave, of the ACT, who did not defend his title because of injury.

Another moment of poignancy came as the clock counted down to three hours, the magical time that many good — but not outstanding — marathoners aim to break.

With three seconds remaining and about 10 metres to go, 18-year-old Ben Phillips, of Bedford Park, looked set to break three hours.

'What a mongrel'

But, his legs locked, he spluttered forward and fell on the line. The officials accredited him with 3:00.00.

Five seconds later another runner finished, heard his time and was reduced to tears. "What a mongrel," he sobbed.

It wasn't all bad news, however. Mark Coombe, Glenelg Football Club fitness coach and selector, ran a personal best of 2:39.43.

"Yes, it does make up for yesterday," he said, referring to the Tigers' loss to West Adelaide.

The Premier, Mr. Bannon, also ran a personal best of 2:44.34, an excellent time for a 40-year-old who, for most of the year, averages only about 30 kilometres a week in training.

Looking tired but elated, he was

away, probably to attend to matters of State, while competitors years younger lay sprawled out.

Just after midday, four hours after the start, a haggard, familiar figure shuffled across the line.

Sports commentator Ken Cunningham had finished a marathon and immediately vowed never to run another.

He celebrated with his first beer in about five years.

Third-placed Peter Schultz, of Forestville, was the first SA runner across the line. He ran 2:24.44 to narrowly beat Wayne Chettle, brother of 1976 Olympic marathoner Dave.

The first competitor to finish was wheelchair athlete Peter Trotter, 27, of Sydney, whose time of 2:00.59 is believed to be an Australian wheelchair record.

Trotter has just returned to Australia from England, where he set a world 5000 metres record of 15 minutes, 31 seconds.

Desiree Letherby won the women's section for the third time, while Julie Russell was the first woman in a wheelchair.

Numerous runners were treated by St. John for minor exhaustion or injury, but only five were significantly heat exhausted.

They were fed intravenous drips to replace lost body fluid. One runner was taken straight to hospital.

There were 1564 entries for the marathon and about 1450 starters. Most ran personal best times.

Results — Men: P. O'Hare (Vic) 2:20.27, J. Duck (Vic) 2:21.52, P. Schultz (SA) 2:24.44, W. Chettle (SA) 2:25.14, P. Hooper (SA) 2:26.18, T. Marshall (SA) 2:26.50, G. Tallis (SA) 2:27.39, D. Patterson (SA) 2:28.57, R. Nickson (SA) 2:29.17.

Women: D. Letherby (SA) 2:50.51, M. Moyle (SA) 2:57.19, H. Alderson (SA) 3:02.11.

Victorian Paul O'Hare crosses the line to win yesterday's *Sunday Mail Festival City Marathon*.

News, Monday 29 August 1983



Out of the road!

Sir — I believe in public support for most recreational activities, but when the collective pursuit of one activity on public roads infringes others' rights to pursue different activities then that support comes into question.

Players, coaches and parents concerned with the sport I follow were late for their commitments due to the usurping of public roads by Sunday's fun run from Gawler to Adelaide.

My own journey through Para Hills was delayed for 10 minutes until from exasperation I manoeuvred out of the traffic queue into the back streets in the hope of finding a crossing not controlled by police.

I am concerned that my hostility was directed at the police for the method of traffic control.

If other motorists felt that way also then our fine police force will have lost a little more respect from us.

G. F. NICKLEN,
Modbury.

It's our laboring Premier

RUNNING a marathon is probably like running a government — you need plenty of stamina and courage to cope with the pressure.

Our State Premier, Mr Bannor, showed the dual qualities in completing yesterday's 42-kilometre Sunday Mail Festival City Marathon from Gawler to Adelaide.

His time was two hours 44 minutes and 34 seconds — only 24 minutes shy of the winning run.