

Festival City Marathon

ADELAIDE, AUGUST 26, 1984

by MERRI MACK



Victory wreaths Festival City style, handsomely adorning New Zealander GILL DUNNING and NSW's STEVE POULTON. (Alex Massey, Sunday Mail)

It would be hard to think of anything that the marathoner, either elite or slowish, would have had to complain about at the end of this race, thanks to superb organisation by the SA Road Runners Club under race director Bruce Abrahams. This was the first year that the marathon has been run within the confines of the city and metropolitan area, but it was also the first time Adelaide's churchgoers have been obliged to defer to the considerably larger running segment of the population and leave their cars at home, so a traffic-free course was another big plus.

After two weeks of rain and hail even the heavens finally took a day of rest, and it was all systems go when Lord Mayor Mrs Wendy Chapman fired the gun to get us on our way. But Mrs Chapman didn't thereupon cruise home in her limousine; she was later to be seen helping out at one of the 18 aid stations in a great demonstration of community spirit.

An international teams cup was inaugurated this year, guaranteeing the event international status in the years to come. New Zealand had sent a strong contingent, and all the States except WA fielded teams. These athletes were flown in by TAA and stayed at the Oberoi Hotel in North Adelaide, which commands a wonderful vista of this attractive city.

Support from spectators was fantastic, and I strongly recommend wearing a distinctive T-shirt if you want to ensure that little extra bit of encouragement. The last 2km of the course were the best I have ever experienced at the end of a marathon, and topping it all off was race announcer Brian Chapman congratulating contestants by name as they crossed the line.

Nor did the VIP treatment stop at the finish line; everything one could ask for was available from the willing helpers. The ladies were even given a bag of jelly-beans each; for some reason the guys missed out, and in fact this was virtually the only complaint I heard all day.

Unfortunately the buffeting and swirling winds took their toll on times. Indeed, winner Steve Poulton from NSW, wearing chest number 13, was lucky to start at all as all his running

clothes except his shoes were irretrievably locked up in a policeman's car. New Zealand convincingly won the teams cup, and Gill Dunning also from New Zealand was first lady home.

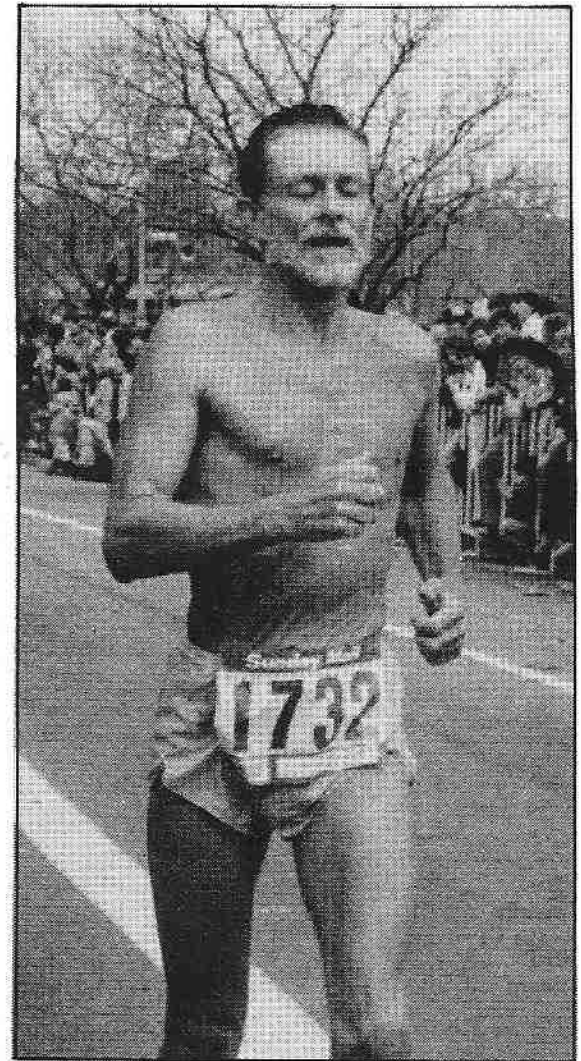
The presentation was a triumph, with a unique touch of wattle garlands being presented to the prizewinners. The Lord Mayor reappeared to present the trophies, and this time Premier John Bannon was able to assist, having been otherwise engaged in running the course previously.

RESULTS

S. Poulton (N) 2.20.23; A. Sinclair (NZ) 2.23.33; G. Heape (N) 2.24.37; S. Hunt (NZ) 2.24.52; D. Jackson (T) 2.25.41; J. Petkovic (S) 2.26.02, G. Foley (T) 2.26.45; G. Mayor (Q) 2.27.15; P. O'Hare (V) 2.28.02; C. Anderson (S) 2.28.07; I. Olifent (S) 2.28.13; P. Garvin (A) 2.28.21; I. Cornthwaite (V) 2.28.33; B. Kelly (V) 2.28.54; I. Hill (S) 2.29.12; D. Patterson (S) 2.29.28; G. Tallis (S) 2.29.32; F. Smith (W) 2.29.36; A. Wellington (NT) 2.30.24; R. Nickson (S) 2.32.27. Female—G. Dunning (NZ) 2.46.31, M. Moyle (S) 2.49.59, M. Belsey (NZ)

2.51.09; D. Trueman (NT) 2.54.08; W. Hendricks (S) 2.56.36; S. Barrett (Q) 2.57.16; H. Alderson (S) 3.02.13; P. Sedman (NT) 3.04.23 J. Flood (S) 3.04.28; A. Hill (S) 3.06.16. Wheelchair—R. Turner (S) 2.20.01. Male 40-49—F. Smith (W) 2.29.36. 50-59—M. O'Dea (S) 2.54.21. O/60—R. Blanchard (S) 3.01.27. Oldest—C. Skehan (S—71yrs) 3.57.00. Female 40-49—J. Flod (S) 3.04.28; O/50—J. Roberts (S) 3.44.40. Oldest—O. Butler (S—54yrs) 3.59.46. Team—New Zealand (Sinclair, Hunt, Dunning, Belsey) 10.26.05. Athletic club—Adelaide Harriers (Petkovic, Hill, Patterson) 7.24.42. Corporate team—ETSA Credit Union (Long, Ortiz, Howse) 8.19.48. Endurance award—H. Williams 6.47.08 (record for last official finisher). (1550 starters, 1458 finishers)

JUSTICE ROBIN MILLHOUSE, 54, gets the same warm reception from the crowd that all finishers are assured of in 'Australia's friendliest' as he crosses the line in 3:01.39. (Alex Massey, Sunday Mail)



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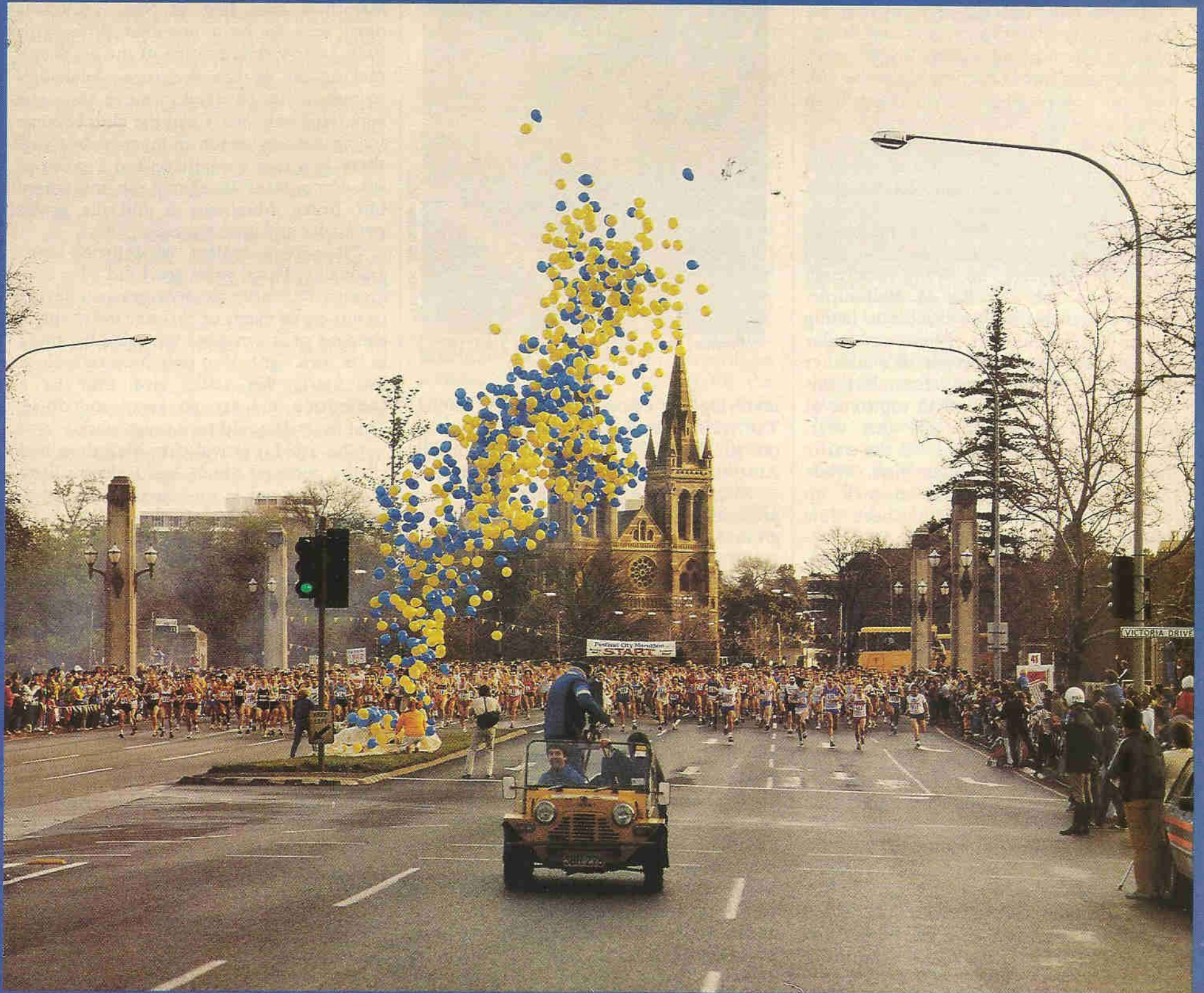
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A CITY AND ITS MARATHON

by Terry O'Halloran

Without doubt Adelaide's Sunday Mail/Farmers Union Marathon has outgrown its original goal of being another major marathon. It has become an integral part of the city's character and one of Australia's premier participation sporting events.

I have only one slight regret that the Festival City Marathon is no more. In its place is a better, and slightly bigger event, with a name not as enchanting as the old, but not everything is contained in a name.

With the new name goes bigger sponsorship, more exposure and a better event for the runners. The trade-off has been worth it.

Like the race director of Australia's three other major marathons — the Nike/Avon in Canberra, the Wang Australian in Sydney and the Big M Melbourne, Bruce Abrahams has no trouble in listing off an infinite number of firsts and major achievements for his event. It's another form of friendly parochialism, but this time it's going to be hard to top some of the initiatives for Adelaide this year.

The major step forward was the traffic free course, an Australian first. While Australia has been quick to pick up on the marathon boom, it has been slow in convincing the authorities and the public that the roads are not for cars alone.

But a helpful police force and a running State Premier in John Bannon has helped make the task easier.

Another step forward was the changing of the course from the run into town from Gawler to an event centred on the city. Now the run starts in the heart of the city's charming parkland before looping out to bayside Glenelg and back into the city for the first half. The second half of the course skirts the Zoo, the Botanic Gardens and Victoria Park racecourse before returning to the city and the finish alongside the Torrens. The marathon is the high point of the year for the South Australian Road Runners Club, formed after the first Festival City Marathon in 1979 by Bruce Abrahams.

Since then the membership has exploded to more than 2500, on a par with the 25,000 members of the New York Road Runners Club. Bruce Abrahams does not have the gruff exterior of his New York equivalent, Fred Lebow, but shares the same concern for runners.

On the morning of the marathon Bruce moved quickly around with a look that said that all was under control. No thought of panic over something not covered.

In 1984 the marathon became a community event with the traffic free course meaning major road closures,



Photo: Sunday Mail

Premier John Bannon running 2:47:19

involving the co-operation of the public. The traffic-free course, definitely one up on all the other big city marathons in Australia, was a major achievement.

Now that the club has achieved such a precedent it is determined to hold its ground.

"It really has been hammered home since the marathon that we are only on the streets by the goodwill, the balance of goodwill in our favour. There are a lot of people who don't want us there," Abrahams said after the run.

"What will keep us there is that we are attempting to be an international standard event which is going to attract the top level marathoners from around the world as well as being an event that will attract tourists to South Australia.

"As long as the net effect is positive, and I think it has been, then we can continue to use the road and grow."

For Abrahams it is even possible to turn the complaint letters in the rival newspaper, 'The Advertiser' to the advantage of the marathon. "I'm quite pleased in a way that the paper gave space to those letters. If in the wash you don't get people like the Premier defending the integrity of the event in Parliament, and people like Steve Poulton and others coming forward putting the point of view that it's not just joggers out there spoiling the day for everyone else, then our case would not be so strong.

"I made it clear in my reply to the complaints that the objectives of the marathon are very much wider than that, and I think I've certainly got the backing of the police and the council.

"We are so pleased that we took three years to build up to the big one in 1986,

and I'm convinced that by then we will be double in size, we'll have the very best coming from around Australia.

We will be offering prize money in 1986 and next year. I'm saying that we will without having the commitment in terms of money."

For Bruce Abrahams there has been no better model than the New York City Marathon one. Just as New York was once seen to be a one-man show with Fred Lebow doing much of the work and making all of the decisions, Adelaide's marathon has changed in much the same way. Not only has it and the club become to big for one person to manage, but now there is a race committee and a series of sub-committees to shape the marathon, but Bruce Abrahams is still the gentle persuader and race director.

"It was a matter of growing very gradually. Three years ago I did a lot of it myself. But quite clearly once you decide to put on an event of this size every single element of it can grow to such a big thing in its own right. You only have to look at the start. We could give that to a committee and say go away and do it. That in itself could be a years work.

The 1983 Festival City Marathon had all the personal touch, but lacked a little at the start and in on-course atmosphere. Once the runners left the Gawler area they were on their own as the line from the leaders to the tail grew on its way into Adelaide.

With the marathon now centred on the city it gives the runners the chance to enjoy the charm of Adelaide.

The pre-race activity is focused on the Adelaide Oval with its graceful old stands. Rising behind the runners as they assemble on the roadway for the start is St. Peter's Anglican Cathedral, adding a majestic touch to the gathering.

King William Street is a wide, tree-lined avenue that rises gently from the starting area on the bridge across the Torrens, past the Festival Theatre into the city centre and on past the Town Hall.

Shortly after 8 am on Sunday, 26 August a canon blast sent us off. The runners were full of spirit as a large crowd pressed in to see them off.

The rain of the previous few days was threatening again and came back as a light sprinkle later during the run.

It's not a written guarantee, but the chances are that if you enter the Sunday Mail/Farmers Union Marathon you will finish. Personal bests are not guaranteed either, but there again the prospects are bright.

Long before I set off at the back of the field, running about nine minute mile pace for the first mile, I knew I was going to add nothing to the impressive statistics of a more than 90 per cent completion rate.

After about four kilometres through the inner city and parkland we headed out along Anzac Highway towards Glenelg on a 13 kilometre out and back section.

One of the main advantages of the new course is the opportunity to see the leaders at least once, and the crowds response to the wheelchair leader, Robert Turner as he set the pace out in front was inspiring. For Turner the response rarely died away, as he was lifted all the way to the finish line by the encouragement of his fellow competitors and spectators.

This long, straight stretch offered considerable protection from the wind, and only as the side streets cut across the highway were the runners buffeted by the wind.

As we headed back into the city, I decided on the soft option, withdrawing at the 22km, content with a pleasant long training run, and the knowledge that the finish area was less than a kilometre away. I would be there in good time to see the leaders come in.

For the rest the course skirted the Zoo, the Botanic Gardens and Victoria Park racecourse before heading back into the city and the finish at the University Gymnasium alongside the Torrens.

For some there was the chance to see the leaders again on another out and back section on the southern edge of the city.

From the time Robert Turner, then Steve Poulton crossed the finish line shortly after 2:20 to the last official finisher, Howard Williams in 6:47:08, there was a feeling of achievement and recognition for all.

The first woman was New Zealander Gill Dunning who went one better than her second place in the Wang Australian Marathon in June, recording 2:46:31. The first local woman was South Australia's Maureen Moyle, equalling her second to Desiree Letherby in last year's event. For Moyle it was a pb by nearly five minutes as she just broke 2:50 with 2:49:59.

Again this year one of the loudest cheers was for Premier John Bannon with another fine run of 2:47:19, down on his best from last year of 2:44:12, but still a pleasing result.

This year the marathon drew 1842 entrants, including 208 women, and 215 interstate and international runners from five countries. From the 1550 starters there were 1458 finishers, or a 94 per cent completion rate. That's proof of the preparation the club puts into its marathon training program as well as the assistance given to each runner on the course.

As long as the South Australian Road Runners Club is involved in Adelaide's marathon, no matter what name it adopts it will be one of the premier events on the Australian road running calendar.

Poulton's luck

For the winner of the men's race, Steve Poulton from New South Wales, the result was a pleasant change of luck after missing six of the past 12 months with two stress fractures.

Poulton, who went to the lead at the half way mark, was prepared to sit on the pace early and come home strongly. He ran the first half in 1:11:57, coming home nearly three and a half minutes faster to record 2:20:23.

If Poulton's luck was in during the race, he must have wondered where he walked in front of a black cat on his arrival in Adelaide.

The Road Runners Club arranged to meet the invited runners at the airport and ferry them to the pasta night in the city. Unfortunately, Poulton and fellow New South Wales runner Graham Heape chose the wrong driver, club member Bob Barnard. Unknown to Barnard, he lost his car keys while waiting for the plane, and the runners spent more than half an hour in the cold and wet conditions looking for the keys. They were found later by a cleaner.

On the race morning Poulton arranged to leave his clothing in an ABC radio car near the start, changing into his race singlet only minutes before the canon sent the runners off. But a locked car boot meant the race favourite was without a race number or singlet. After a few minutes panic, Poulton put plan B into action and ran in his warm-up singlet.

But minor dramas such as these are unlikely to deter Poulton returning to defend his title next year.

While the past 12 months has had its share of frustration, it has also caused a re-think in his training and the introduction of more varied sessions.

Poulton now regularly includes three bike rides a week and three to four swimming sessions a week in his training, as well as 130-145km on the road. He blames too many long runs on hard road surfaces for the stress fractures in his shin and foot.

"I've only tried this combination for the past six months, not out of wanting to, but I was forced into it, and it feels good. Instead of struggling out of bed to get out another six miles so that you can get up the 100 for the week, I just dive in the pool for half an hour. Any soreness that you've got diving in has usually gone by the time you get out."

"I knew the pace was slow today but I didn't feel confident enough to go out and start running harder. Graham Heape made a break shortly before half way and I thought I'd just run with



Marathon winners Gill Dunning and Steve Poulton.

him. I thought someone else was bound to come with us.

While Poulton made himself popular with the crowd at the presentation after the event, describing it as one of the best organised he had been in, there were few kind thoughts for local runner Grenville Wood.

Wood, undoubtedly the best performed runner in the field, officially withdrew from the race on the Tuesday before, leaving the Road Runners Club with little to hang their lead-up publicity on.

Club president Bruce Abrahams said that Wood withdrew because after talking with his coach, he decided he needed a marathon that could possibly produce a 2:10 or 2:12 for him. Wood said that he wasn't quite fit enough to do that with the field in the Sunday Mail/Farmers Union Marathon.

"I told him he wasn't doing himself any good as far as South Australia was concerned, bearing in mind that we turned ourselves inside out trying to get him into the Olympics," Abrahams said.

While Wood and all other runners have the prerogative to choose their own program, such a late withdrawal can only harm the sport and the runners in the end.

No name athletes means little or no publicity, little interest from sponsors, smaller fields and fewer opportunities for competition. □

FOR FULL RESULTS TURN TO RESULTS SECTION

The color photo of the start of the Sunday Mail/Farmers Union Marathon is available as a one metre wide poster from the SARRC at GPO Box 591, Adelaide, 5001. The cost is \$10, plus \$2.50 postage. Photo: David Summerhayes

4:07:59. 11. Michael Harvey(Aus) 4:09:18, Andrew Jachno(Aus) and Willi Sawall(Aus) dnf.

4 x 100 metres relay

1. United States (Sam Graddy, Ron Brown, Calvin Smith, Carl Lewis) 37.83 WR, 2. Jamaica (Albert Lawrence, Greg Meghoo, Don Quarrie, Ray Stewart) 38.62, 3. Canada (Ben Johnson, Tony Sharpe, Desai Williams, Sterling Hinds) 38.70, 4. Italy 38.87, 5. FRG 38.99, 6. France 39.10, 7. GB 39.13, 8. Brazil 39.40.

4 x 400 metres

1. United States (Sunder Nix, Ray Armstead, Alonzo Babers, Antonio McKay) 2:57.91, 2. Great Britain (Kriss Akabussi, Garry Cook, Todd Bennett, Philip Brown) 2:59.13, 3. Nigeria (Sunday Uti, Moses Ugbusien, Rotimi Peters, Innocent Egbunike) 2:59.32, 4. Australia (Bruce Frayne, Gary Minihan, Darren Clark, Rick Mitchell) 2:59.70, 5. Italy 3:01.44, 6. Barbados 3:01.60, 7. Uganda 3:02.09, 8. Canada 3:02.82.

100 metres

1. Evelyn Ashford(US) 10.97, 2. Alice Brown(US) 11.13, 3. Merlene Ottey-Page(Jam) 11.16, 4. Jeanette Bolden(US) 11.25, 5. Grace Jackson(Jam) 11.39, 6. Angela Bailey(Can) 11.40, 7. Heather Oakes(GB) 11.43, 8. Angella Taylor(Can) 11.62.

Debbie Wells(Aus) did not start.

200 metres

1. Valerie Brisco-Hooks(US) 21.81, 2. Florence Griffith(US) 22.04, 3. Merlene Ottey-Page(Jam) 22.09, 4. Kathie Cook(GB) 22.10, 5. Grace Jackson(Jam) 22.20, 6. Randy Givens(US) 22.36, 7. Rose Aimee Bacoul(Fr) 22.78, Lilane Gaschet 22.86.

Debbie Wells(Aus) did not start.

400 metres

1. Valerie Brisco-Hooks(US) 48.83, 2. Chandra Cheeseborough(US) 49.05, 3. Kathie Cook(GB) 49.42, 4. Marita Payne(Can) 49.91, 5. Lillie Leatherwood(US) 50.25, 6. Ute Thimm(FRG) 50.37, 7. Charmaine Crooks(Can) 50.45, 8. Ruth Waithera(Ken) 51.56.

800 metres

1. Doina Melinte(Rom) 1:57.60, 2. Kim Gallagher(US) 1:58.63, 3. Fita Lovin(Rom) 1:58.83, 4. Gabriella Dorio(It) 1:59.05, 5. Lorraine Baker(GB) 2:00.03, 6. Ruth Wysocki(US) 2:00.34, 7. Margrit Klinger(FRG) 2:00.65, 8. Caroline O'Shea(Ir) 2:00.77.

1500 metres

1. Gabriella Dorio(It) 4:03.25, 2. Doina Melinte(Rom) 4:03.76, 3. Maricica Puica(Rom) 4:04.15, 4. Roswitha Gerdes(FRG) 4:04.41, 5. Christine Benning(GB) 4:04.70, 6. Christina Boxer(GB) 4:05.53, 7. Brit McRoberts(Can) 4:05.98, 8. Ruth Wysocki(US) 4:08.92, 9. Fita Lovin(Rom) 4:09.11, 10. Debbie Scott(Can) 4:10.41, 11. Lynne MacDougall(GB) 4:10.58, Elly Van Hulst(Neth) 4:11.58.

3000 metres

1. Maricica Puica(Rom) 8:35.96, 2. Wendy Sly(GB) 8:39.47, 3. Lynne Williams(Can) 8:42.14, 4. Cindy Bremser(US) 8:42.78, 5. Cornelia Buerki(Sui) 8:45.20, 6. Aurora Cunha(Por) 8:46.37, 7. Zola Budd(GB) 8:48.80, 8. Joan Hansen(US) 8:51.53, 9. Dianne Rodger(NZ) 8:56.43, 10. Agnes Possamai(It) 9:10.82, Brigitte Kraus(FRG) and Mary Decker(US) failed to finish. Protest by Zola Budd against disqualification was upheld.

Donna Gould(Aus) 5th 1st rd, 9:05.56.

Marathon

1. Joan Benoit(US) 2:24:52(Oly. best), 2. Grete Waitz(Nor) 2:26:18, 3. Rosa Mota(Por) 2:26:57, 4. Ingrid Kristiansen(Nor) 2:27:34, 5. Lorraine Moller(NZ) 2:28:34, 6. Priscilla Welch(GB) 2:28:54, 7. Lisa Martin(Aus) 2:29:03, 8. Sylvie Ruedger(Can) 2:29:09, 9. Laura Fogli(It) 2:29:28, 10. Tuija Toivonen(Fin) 2:32:07, 11. Joyce Smith(GB) 2:32:48, 12. Alba Milana(It) 2:33:01, 13. Dorthe Rasmussen(Den) 2:33:40, 14. Sarah Rowell

(GB) 2:34:08, 15. Sinikka Keskitalo(Fin) 2:35:15, 16. Charlotte Teske(FRG) 2:35:56, 17. Annemarie Malone(Can) 2:36:33, 18. Marie-Louise Hamrin(Swe) 2:36:41, 19. Nanae Sasaki(Jap) 2:37:04, 20. Paolo Moro(It) 2:37:06.....23. Regina Joyce(Ir) 2:37:57, 27. Mary O'Connor(NZ) 2:41:22, 28. Carey May(Ir) 2:41:27, 36. Julie Brown(US) 2:47:33,dnf Jacqueline Gareau(Can), Julie Isphording(US), Anne Audain(NZ).

100 metres hurdles

1. Benita Fitzgerald-Brown(US) 12.84, 2. Shirley Strong(GB) 12.88, 3. eq. Kim Turner(US) and Michele Chardonnet(Fr) 13.06, 5. Glynis Nunn(Aus) 13.20, 6. Marie Noelle Savigny(Fr) 13.28, 7. Ulrike Denk(FRG) 13.32, 8. Pamela Page(US) 13.40.

400 hurdles

1. Nawal El Moutawakel(Mor) 54.61, 2. Judi Brown(US) 55.20, 3. Cristina Cojocaru(Rom) 55.41, 4. P.T. Usha(Ind) 55.42, 5. Ann Louise Skoglund(Swe) 55.43, 6. Debbie Flintoff(Aus) 56.21, 7. Tuija Helander(Fin) 56.55, 8. Sandra Farmer(Jam) 57.15.

Flintoff 3rd 1st rd, 57.20, 3rd sf, 56.24.

High Jump

1. Ulrike Meyfarth(FRG) 2.02, 2. Sara Simeoni(It) 2.00, 3. Joni Huntley(US) 1.97, 4. Maryse Ewanje-Epee(Fr) 1.94, 5. Debbie Brill(Can) 1.94, 6. Vanessa Browne(Aus) 1.94, 7. Dazhen Zheng(China) 1.91, 8. Louise Ritter(US) 1.91, 9. Diana Elliott(GB) 1.88, Wenqin Yang(China) 1.88, 11. Heike Redetzky(FRG) 1.85, Pamela Spencer(US) 1.85, Christine Stanton(Aus) 1.85, Niciluna Vasile(Rom) 1.85, Brigitte Holzappel(FRG) 1.85.

Long Jump

1. Anisoara Stanciu(Rom) 6.96, 2. Vali Ionescu(Rom) 6.81, 3. Susan Hearnshaw(GB) 6.80, 4. Angela Thacker(US) 6.77, 5. Jackie Joyner(US) 6.77, 6. Robyn Lorrway(Aus) 6.67, 7. Glynis Nunn(Aus) 6.53, 8. Shonel Ferguson(Bah) 6.44, 9. Carol Lewis(US) 6.43, 10. Dorothy Scott(Jam) 6.40, 11. Linda Garden(Aus) 6.30, 12. Snezana Dancetovic(Yug) 5.88.

Lorrway 6.61, Garden 6.49, Nunn 6.41 qualifiers.

Shot Put

1. Claudia Losch(FRG) 20.48, 2. Mihaela Loghin(Rom) 20.47, 3. Gael Martin(Aus) 19.19, 4. Judy Oakes(GB) 18.14, 5. Li Meisu(China) 17.96, 6. Venissa Head(GB) 17.90, 7. Carol Cady(US) 17.23, 8. Florenta Craciunescu(Rom) 17.23, 9. Lorna Griffin(US) 17.00, 10. Yang Yanqin(China) 16.97, 11. Ramona Pagel(US) 16.06, 12. Carmen Ionescu(Can) 15.25, 13. Odette Mistoul(Gab) 14.59.

Discus

1. Ria Stalman(Neth) 65.36, 2. Leslie Deniz(US) 64.86, 3. Florenta Craciunescu(Rom) 63.64, 4. Ulla Lundholm(Fin) 62.84, 5. Meg Ritchie(GB) 62.58, 6. Ingra Manecke(FRG) 58.56, 7. Venissa Head(GB) 58.18, 8. Gael Martin(Aus) 55.88, 9. Patricia Walsh(Ir) 55.38, 10. Laua De Snoo(US) 54.84, 11. Jiao Yunxiang(China) 53.32, 12. Lorna Griffin(US) 50.16.

Javelin

1. Tessa Sanderson(GB) 69.56, 2. Tiina Lillak(Fin) 69.00, 3. Fatima Whitbread(GB) 67.14, 4. Tuula Laaksalo(Fin) 66.40, 5. Trine Solberg(Nor) 64.52, 6. Ingrid Thyssen(FRG) 63.26, 7. Beate Peters(FRG) 62.34, 8. Karin Smith((US) 62.06, 9. Sharon Gibson(GB) 59.66, 10. Cathy Sulinski(US) 58.38, 11. Helena Laine(Fin) 58.18, 12. Petra Rivers(Aus) 56.20.

Rivers 59.12 qualifier.

Heptathlon

1. Glynis Nunn(Aus) CW and inaugural Oly. record, 6390, (13.02, 1.80, 12.82, 24.06; 6.66, 35.58, 2:10.57), 2. Jackie Joyner(US) 6385, (13.63, 1.80, 14.39, 24.05; 6.11, 44.52,

2:13.03), 3. Sabine Everts(FRG) 6363, (13.54, 1.89, 12.49, 24.05; 6.71, 32.62, 2:09.05), 4. Cindy Greiner(US) 6281, 5. Judy Simpson(GB) 6280, 6. Sabine Braun(FRG) 6236, 7. Tineke Hidding(Neth) 6147, 8. Kim Hagger(GB) 6127.

4 x 100 metres relay

1. United States (Alice Brown, Jeanette Bolden, Chandra Cheeseborough, Evelyn Ashford) 41.65, 2. Canada (Angela Bailey, Marita Payne, Angella Taylor, France Gareau) 42.77, 3. Great Britain (Simone Jacobs, Cathie Cook, Beverley Callender, Heather Oakes) 43.11, 4. France 43.15, 5. FRG 43.57, 6. Bahamas 44.18, 7. Trinidad and Tobago 44.23, 8. Jamaica 53.54.

4x 400 metres relay

1. United States (Lillie Leatherwood, Sherri Howard, Valerie Brisco-Hooks, Chandra Cheeseborough) 3:18.29, 2. Canada (Charmaine Crooks, Jillian Richardson, Molly Killingbeck, Marita Payne) 3:21.21, 3. West Germany (Heike Schulte-Mattler, Ute Thimm, Heide Gangel, Gaby Bussmann) 3:22.98, 4. Great Britain 3:25.51, 5. Jamaica 3:27.51, 6. Italy 3:30.82, 7. India 3:32.49, Puerto Rico scratched.

National

Australian Cross Country Championships, Wooroloo Prison Farm, Perth, 8 September, wet and muddy.

Men's Open 12,000m: 1. Gary Henry (SA) 37:39.8, 2. Gary Briggs (ACT) 37:53.0, 3. Malcolm Norwood (VIC) 38:14.3, 4. Adam Hoyle (VIC) 39:03.8, 5. Nick de Castella (VIC) 39:11.8, 6. Keith Livingstone (VIC) 39:16.2, 7. Martin Stock (VIC) 39:18.4, 8. Colin Ramadge (VIC) 39:30.0, 9. Gary Carmichael (QLD) 39:32.9, 10. Warren Partland (SA) 39:59.1.

Teams: Vic. 18, SA 49, NSW 56.
Women's Open 8000m: 1. Sally Pierson (VIC) 30:00.4, 2. Sharon Dalton (NSW) 30:35.7, 3. Karen Ganzevoort (NSW) 30:42.6, 4. Tania Adams (NSW) 30:47.0, 5. Desiree Letherby (S) 30:47.7.

Teams: NSW 10, WA 28, Tas. 40.
Men's U20 8000m: 1. Brad Camp (VIC) 26:26.7, 2. Colin Dalton (NSW) 26:35.9, 3. Tim Pugh (QLD) 26:36.5.
Women's U20 6000m: 1. Jackie Perkins (VIC) 22:50.9, 2. H. Ashcroft (SA) 22:58.0, 3. Kerry Jukes (QLD) 23:22.2.

SUNDAY MAIL/FARMER'S UNION

MARATHON, Adelaide, Sunday, 26 August.

Men

1. Steve Poulton(NSW) 2:20:23, 2. Allan Sinclair(NZ) 2:23:33, 3. Graeme Heape(NSW) 2:24:37, 4. Shaun Hunt(NZ) 2:24:52, 5. Dave Jackson(Tas) 2:25:41, 6. Joe Petkovic(SA) 2:26:02, 7. Garth Foley(Tas) 2:26:45, 8. Gary Mayor(Qld) 2:27:15, 9. Paul O'Hare(Vic) 2:28:02, 10. Craig Anderson(SA) 2:28:07.

Women

1. Gill Dunning(NZ) 2:46:31, 2. Maureen Moyle(SA) 2:49:59, 3. Mary Belsey(NZ) 2:51:09, 4. Doris Trueman(NT) 2:54:08, 5. Wendy Hendricks(SA) 2:56:36, 6. Shane Barrett(Qld) 2:57:16, 7. Helen Alderson(SA) 3:02:13, 8. Patricia Sedman(NT) 3:04:23, 9. Jenny Flood(SA) 3:04:28, 10. Avril Hill(SA) 3:06:16.

Wheelchair

1. Robert Turner(SA) 2:20:01.

Farmers Union International Marathon Teams Cup, aggregate of first two men and women.

1. New Zealand (Sinclair, Hunt, Dunning, Belsey) 10:26:05, 2. South Australia (Petkovic, Olifent, Moyle, Hendricks) 10:40:44, 3. Northern Territory (Wellington, Ball, Trueman, Sedman) 11:13:48 and Queensland (Mayor, Hannaford, Barrett, Coleman) 11:13:48.

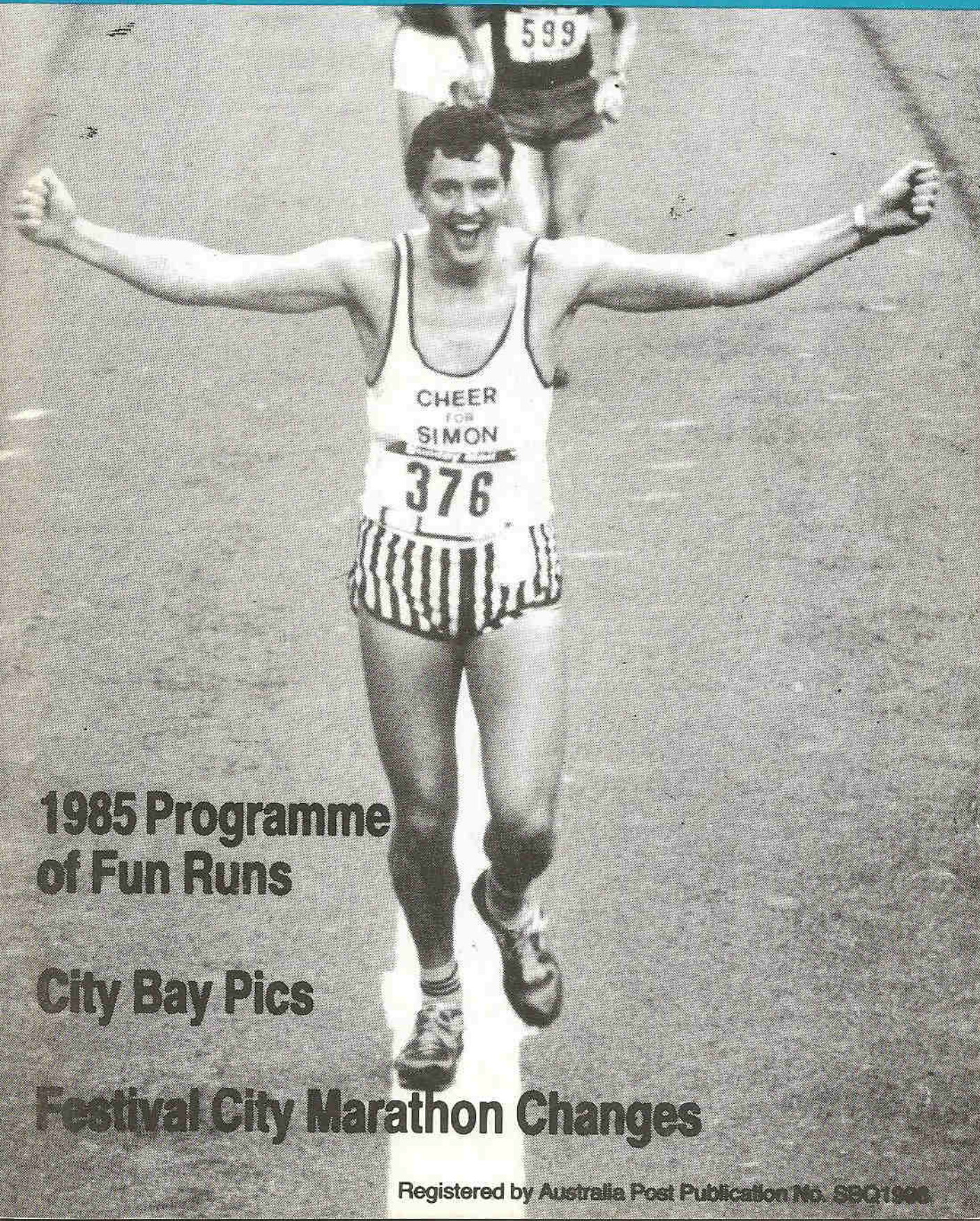


SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC.
OCTOBER/NOVEMBER/DECEMBER 1984

No. 11



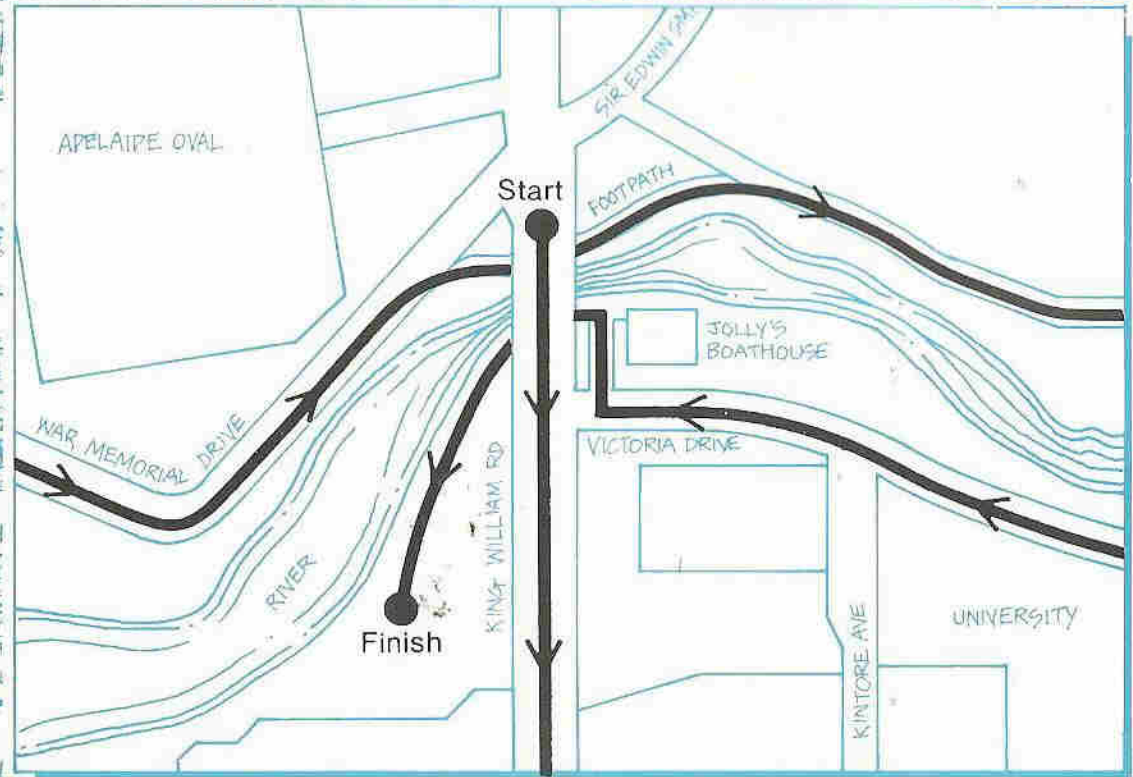
**1985 Programme
of Fun Runs**

City Bay Pics


Festival City Marathon Changes

Registered by Australia Post Publication No. SBQ1986




Detail of Start/Finish Area

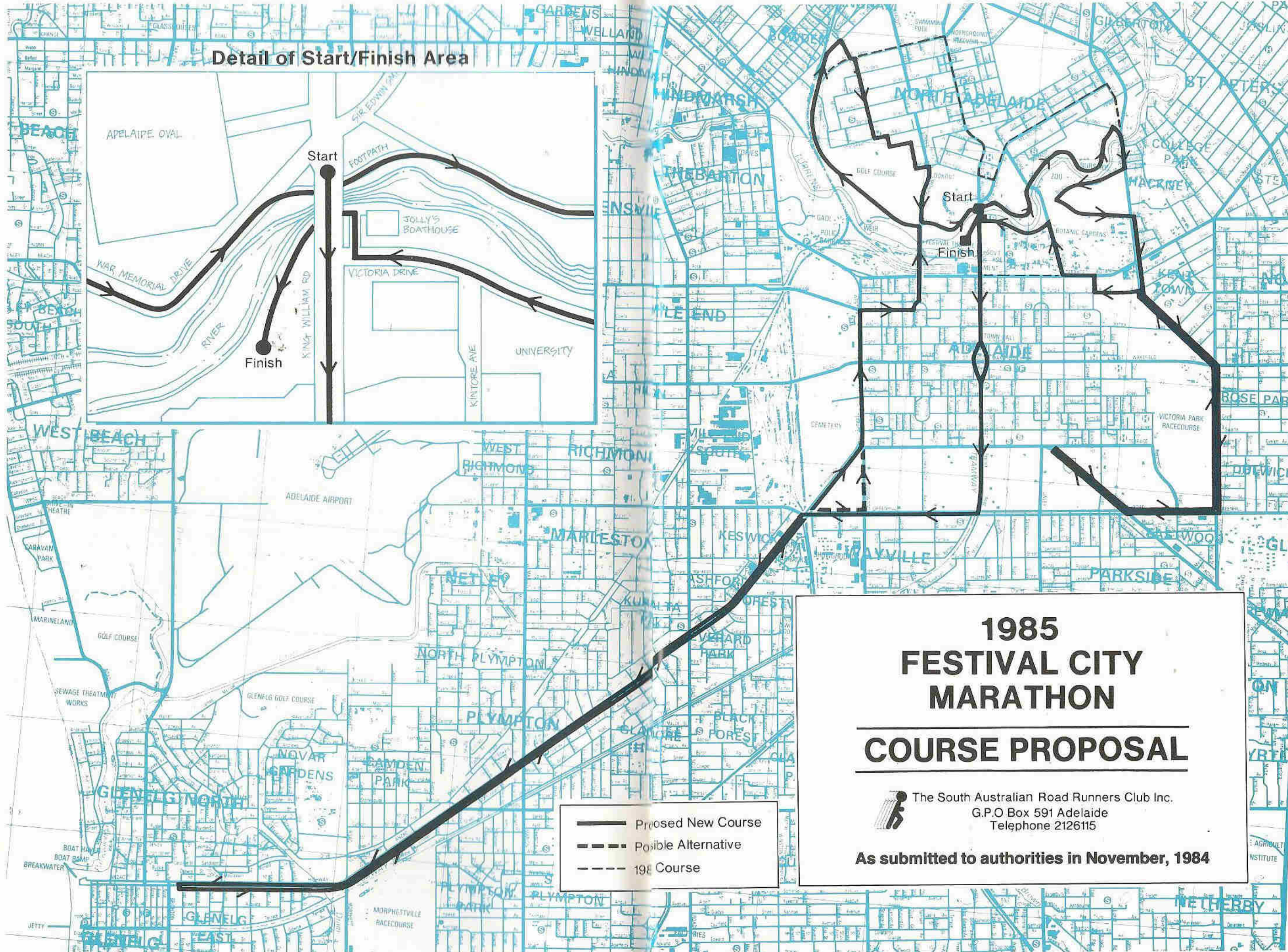


**1985
FESTIVAL CITY
MARATHON
COURSE PROPOSAL**


 The South Australian Road Runners Club Inc.
 G.P.O. Box 591 Adelaide
 Telephone 2126115

As submitted to authorities in November, 1984

-  Proposed New Course
-  Possible Alternative
-  198 Course



1985 Festival City Marathon

Course Proposals

(As submitted by the Marathon Committee to Adelaide Council, SA Police Department and other authorities.)

The marathon is a huge event by all standards — over 2000 runners taking up 42.2 km of roadway.

The traffic-free city course is the chief ingredient of the outstanding success of the event to runners and spectators. It is also an essential ingredient of an international standard event. Adelaide is now the proud possessor of the best urban marathon course in Australia and one of the best in the world.

The 1984 Festival City Marathon received favourable reviews from the running community of Australia. The 1985 and 1986 events will grow considerably as a consequence, particularly from interstate and international runners. We expect from 3000 to 5000 runners in 1986.

This year, we estimate there were around 20,000 spectators along the course. We are confident that this will rise to 100,000 by 1986.

The 1984 event has given us valuable experience to plan for 1985 and 1986. We believe we can now modify the course and some of our traffic/runner control procedures both to enhance the event for runners and spectators and to minimise inconvenience to other road users.

FESTIVAL CITY MARATHON OBJECTIVES

The South Australian Road Runners Club

The Festival City Marathon is organised by the South Australian Road Runners Club. We are Australia's largest runners club with membership of over 2500. The primary purpose of the club is:—

- The promotion and encouragement of long-distance running as a sport and a means of healthy exercise.

The Club conducts a year-round programme of running events, training and social activities for runners of all ages and abilities; from beginners to marathoners.

The Festival City Marathon

This is the "Flagship" event of the Club, providing both a focal point for training and participation of club members (most are involved as runners or helpers). It is also a major exercise in community involvement. The Marathon objectives are:—

- To establish a major international event for the 1986 Jubilee 150 Celebrations and to show that when it comes to organising such events, South Australia is second to none.
- To improve the overall standard of the Olympic sport of marathon running by providing a fast course and strong international competition for Australia's top men and women runners and wheelchair athletes.
- To help promote tourism to Adelaide and South Australia.
- To provide "sport for all" in a unique event that mixes the elite with the rest of us in a spirit of friendship and co-operation.
- To raise money for much needed fitness promoting facilities in Adelaide and for the Freedom From Hunger Campaign.
- To have fun and provide some happiness and sense of achievement by a spectacular alternative use of Adelaide's roads with a minimum of inconvenience to other road users.

We believe the new traffic-free marathon has been highly successful in meeting these objectives.

In 1984, we achieved a three-fold increase in interstate and overseas visitors to the event. By 1986, we estimate that the marathon will attract 1500 out-of-town participants of a total field of 5000 runners.

These figures are based on the experience of the San Francisco Marathon which first moved to a traffic-free city course in 1982.

Economic Impact of the Marathon

The San Francisco Marathon commissioned a report surveying the economic impact of their marathon (now 10,500 entrants). The analysis estimated the total impact of their 1984 Marathon (the 3rd over the new traffic-free course) to be \$29,000,000. This compares with \$150,000,000 for a Super-Bowl game. The 1986 Festival City Marathon will be about half the size of the San Francisco event.

Their report makes no attempt to quantify the long-term intangible benefits, such as international recognition, nationwide media coverage and the chance to show off the city at its best.

ASSESSMENT OF THE 1984 COURSE AND PROPOSED MODIFICATIONS

The Start — City Bridge

The mass start at the City Bridge across the full width of King William St is unquestionably one of the most spectacular in the world. This year we were fortunate to capture the beauty and excitement in an outstanding photograph from which we have produced colour posters. These will be used in overseas promotion of the event.

Proposal:

- Retain as is. An earlier start would reduce traffic disruptions in the latter part of the event, however too early a start is inappropriate to the international character of the event and would be resisted by sponsors (probably reducing sponsorship). We suggest a 7.30 am start in 1985 as a trial.

Anzac Highway

The out-and-back section of the course to Brighton Road and return to the city was a brilliant success. It was here that the traffic-free nature of the course was most appreciated by the runners. The wisdom of using both sides for runners was evident and will be particularly important in 1986 with the field more than doubled in size. Thousands of spectators lined the route, cheering and clapping. Traffic did not bank up at major intersections due to the assistance of the 100 or so marshalls who assisted police divert traffic to alternative routes.

Proposal:

- Retain as is. Cross traffic could be permitted marginally earlier when the density of runner thins out; this, combined with a 7.30 am start, would reduce traffic disruption to a very low level.

North Adelaide to Dequetteville Tce

From the corner of War Memorial Drive and Montefiore Road (22km) to the corner of Botanic Road and Dequetteville Tce (30.5 km), the course looped around the North Adelaide Parklands and down O'Connell St and Melbourne St. Access to and from North Adelaide was made difficult and north-south traffic flow was disrupted. Access to churches and hospitals was particularly impeded.

Proposal:

- Extend the course beyond Mildred St along Park Tce, up Barton Rd, Hill St, Strangways Tce to Light's Vision, down Montefiore Rd and turn left at War Memorial Drive.
- Proceed under the City Bridge along a widened path (currently too narrow) to rejoin War Memorial Drive, cross Frome Rd to Bundeys Rd.
- We ask Adelaide Council's assistance in obtaining finance for the path-widening (approx. 2 metres would be sufficient).

The nett effect of this modification will be to open access to practically all North Adelaide, and to enable unhindered north-south traffic flow. The very light local traffic into the area bounded by Hill St and Strangways Tce would be able to cross the flow of runners without problem since Hill St is wide and marshalls and/or police could adequately guide the traffic crossing. Access to churches and hospitals in North Adelaide would be now totally unaffected. Adelaide City Council would need to approve the widening of the path under the north side of the City Bridge.

Eastern Parklands Out-and-Back

This part of the course from Dequetteville Tce/Rundle Rd to Glen Osmond Rd/South Tce via Fullarton Rd and Greenhill Rd is identical to the Greenbelt Half Marathon course.

The important difference is that the section occurs from the 31 km to 39 km mark in the marathon, whereas it is from the 10 km to 18 km mark in the half marathon. As a consequence, the road closures were much longer (3hrs compared with 1.5hrs) and extended much later in the day (until 12.30 pm compared with 10.00 am). Two-way traffic was restricted to the eastern side of the carriageway between Bundeys Rd and Greenhill Rd. Traffic delays occurred.

Proposal:

- When 6 min/km runners reach the South Tce turnround (approx. 3 hrs 30 min from the start), move runners to the western lane along Fullarton/Dequetteville, the north side Greenhill and the east side of Glen Osmond. Assuming a 7.30 am start, this will improve traffic flow from 11.00 am. At 11.30 am, the small number of runners remaining could be directed to the footpath. This is approximately 1 hr earlier than 1984.
- Allow cross-traffic at Botanic Rd/North Tce intersection as soon as the density of runners allows. This is estimated to be at approximately 10.30 am assuming a 7.30 am start (2 hrs earlier than 1984). Note: because of the two-way flow of runners, it would still

be dangerous to allow east-west traffic to cross the course at Bartels Rd and Wakefield St at 10.30 am, although such traffic, if directed north, would be able to enter the city either at Botanic Rd from 10.30 am or at Bundeys Rd. Bartels Rd and Wakefield St intersections could be opened safely as 6 min/km runners returned — approx. 11.00 am.

The Finish

The 1984 Finish outside the Uni Gym in North Adelaide again provided an excellent venue. However, several problems arose: (i) the finish was inaccessible to spectators because of the road closures. We literally "tied ourself into a knot". (ii) shower and toilet facilities at the Uni Gym were severely limited. Because the finish is a highlight of the event, it is important both to attract as many spectators as possible as well as providing vital services to runners.

Proposal:

- Move the Finish Area to Elder Park.
- Runners would enter the Finish Area via North Tce, Frome Rd (Adelaide's most beautiful street), Victoria Drive, Captain Jolly's Rd, under the City Bridge (simulating the tunnel in the LA Olympic Stadium) and along the pathway to finish beyond the Rotunda. The pathway would be flanked by temporary fencing, enabling a "grand final" entrance from the tunnel for all the runners. The sloping ground from King William St would accommodate tens of thousands of cheering spectators. This would be one of the most exciting Finish Areas in the world and is the most magnificent Adelaide Venue.
- Runners could be driven to Adelaide Oval or Memorial Drive change rooms in a shuttle mini-bus service or an arrangement could be made with the owners of "Popeye" to ferry runners across the Torrens.

Course Notes

Finishing the marathon in Elder Park cuts 1 km (approx.) from the 1984 course length. However, this distance is made up by the extra distance of the new North Adelaide section via War Memorial Drive. The entire course would need to be surveyed again and certified 42.195 km. Minor adjustment to the start line will need to be made. Extra distance, should it be needed, could also be found by returning from Anzac Hwy via Greenhill Rd and Goodwood Rd.

Summary

These new course change proposals will reduce traffic problems to a minor level. With the 1984 experience behind us and a greater community awareness of the marathon, combined with improved publicity on all media leading up to the 1985 event, we believe minimal inconvenience will occur to road users and people attending Church services and other community meetings in and around Adelaide.

Wednesday Evening Pack-Run

In April this year a group of us, began Pack runs from Gilles Street Language Centre on Wednesday evenings. Although we can't claim to have the speed quality of the Athelstone group we do have some other things in our favour.

- a) A good variety of long and short runs e.g. Waterfall Gully (19km) or around the race course (6km) are available.
- b) Excellent shower facilities.
- c) Excellent tucker for post run get togethers and parties for any worthwhile reason e.g. post marathon or too much money in the kitty!
- d) Minimal fee of 50¢ per night.

Unless you are an absolute beginner or 2 hrs 8 min marathoner I'm sure you will find some-one to run with and have a lot of fun too.

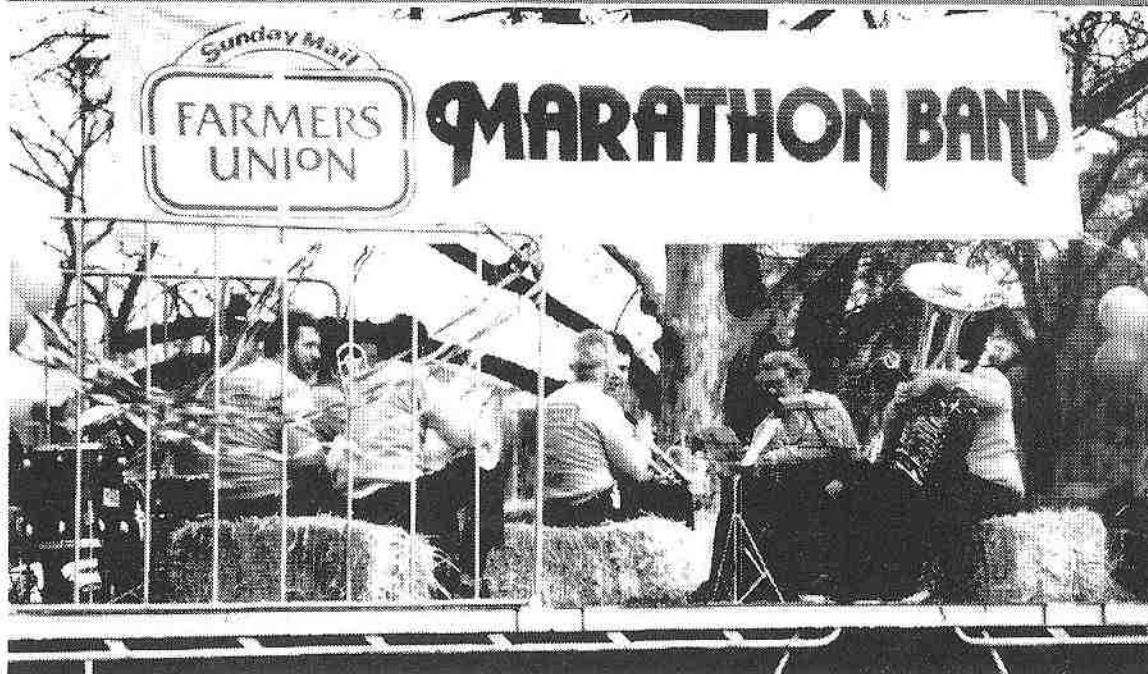
Meet at 5.15 p.m. for 5.30 departure (Earlier starts are arranged when Marathon Training is in earnest).

Gilles Street Language Centre, 91 Gilles Street, Adelaide

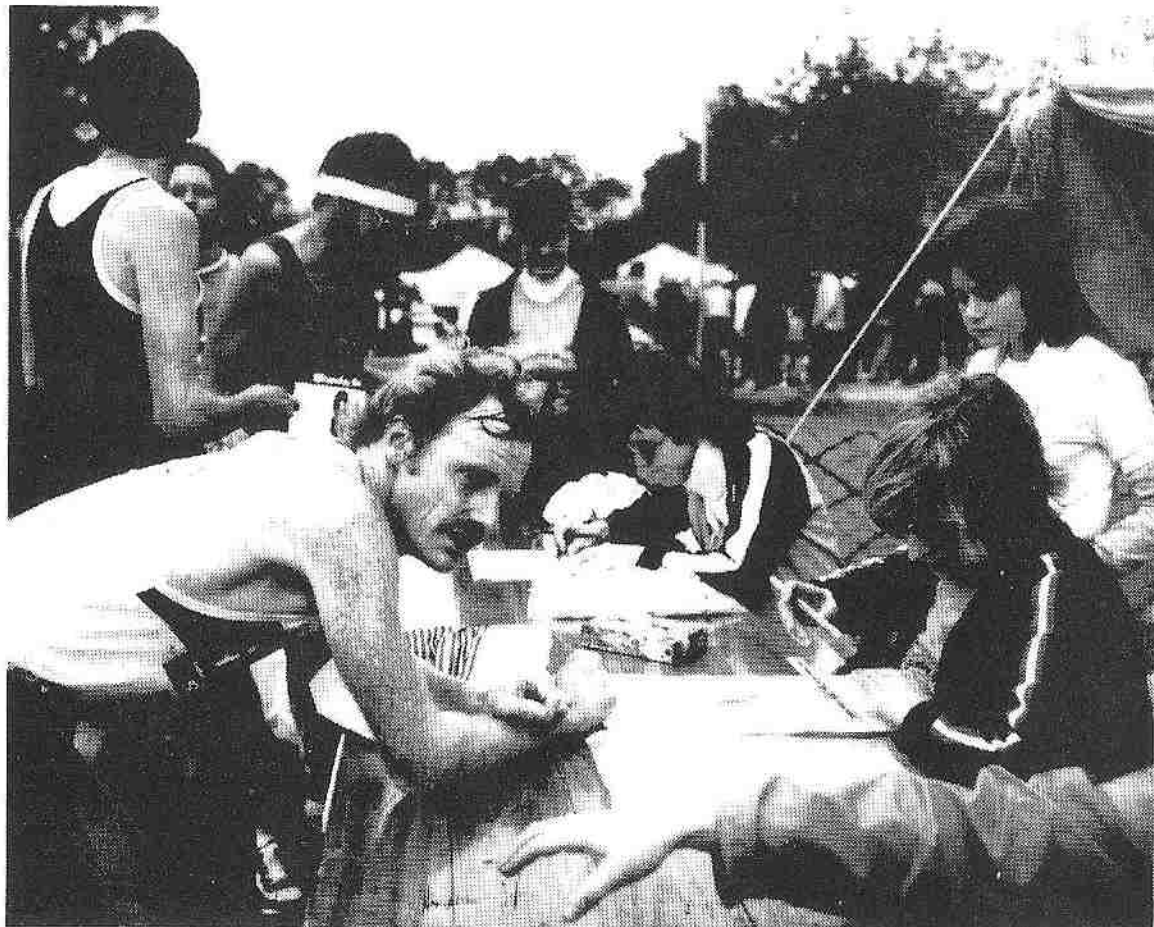
A stones throw or two from the SARRC office and just behind the Travelodge.

Stella Emberson

MARATHON DAY, AUGUST 26



There was a marathon effort from the Farmers Union Marathon Band which lead the marathon for 42.2 kilometres — from start to finish.



The magnificent SA Keep Fit volunteers recording details after the finish.

Photo: David Summerhayes



SARRC SEEKS SPONSORS

150



Association of International Marathons

AIMS

The development of the Festival City Marathon as a top class international event for South Australia's Jubilee 150 has numerous benefits to Club members as well as to Adelaide and South Australia.

First, we have a fabulous traffic-free course with the support of authorities. Second, running has a higher profile in the community. Third, runners and running (not just the marathon) have become more desirable for commercial sponsorship.

A lot of money is needed for the marathon. For example, next year we will need from \$50,000 to \$100,000 to secure the 1985 Festival City as one of the premier womens races featuring Lisa Martin and several of the world's best.

The SARRC Board wants to ensure the portion of the large sponsorship necessary to secure the best international marathon competition, is directed to the week-to-week programme of running events and activities that make up our Club.

We think this is better value for sponsors too. Hence we are preparing a prospectus, "YOUR INVITATION TO SPONSORSHIP" in which sponsors are invited to a year-long SARRC Package Deal:—

•**NOT ONLY:**

Association with the **Festival City Marathon** and all its features — elite international stars, media interest, Australia's best people's marathon and a major event of the Jubilee 150.

•**BUT ALSO:**

Association with the **South Australian Road Runners Club**, Australia's largest and most progressive runners club,

Including:

Naming rights to a **SARRC Event** or activity.

In other words, Festival City Marathon sponsorship goes hand in hand with Club sponsorship and vice-versa. In this way, we will be able to co-ordinate all sponsorships as well as giving sponsors at all levels much better identification with Club members.

Sponsors are being sought at several levels, preferably for a period of 3 years until 1987. There are three levels:—

"Official Major Sponsor," "Official Sponsor" and "Sponsor"

Obviously the higher the level, the greater the responsibility and benefits. The top level will be particularly attractive to sponsors having national and international markets since the Federal Government has recently granted the marathon "export status," enabling much more extensive overseas promotion of the event.

Details of the costs of sponsorship and the associated benefits are available in the prospectus which is planned to be printed by the end of November.

If your company or organisation is interested, please contact me through our Club Administrator, Janice Graves at the SARRC Office 212 6115 (Mon to Wed) or at Sunday morning training or phone me at home on 294 3248.

Bruce Abrahams

Many thanks for your coverage of this year's National Panasonic Half Marathon (issue No. 10) and for Robert Kay's comments about our race.

It was tremendous to have Robert join us in Sydney and to be able to exchange ideas on the race organisation front. It's apparent that the Greenbelt and National Panasonic have much in common — a desire to achieve the highest possible race standards in a friendly and supportive way and to provide each competitor, whatever his or her ability or motivation, with a special running experience.

Sydney Striders are looking forward to maintaining a close relationship with S.A.R.R.C. on both the race and club fronts. Road running has a long way to go and it's by sharing our ideas and experience that it will improve.

Should any S.A.R.R.C. members be visiting Sydney, Striders would be pleased to have them join us on one of our Sunday or midweek runs. We can't promise a flat course, but the scenery should appeal. Please contact either:

Bill or Dorothy Flanagan (02) 661 4451 (a.h.)
John Evennett (02) 982 7493 (a.h.)
Steve Cornelius (02) 427 3604 (a.h.)

If you would like to tackle a "beautiful testing course where the runner is King", we would be pleased to offer billets for next year's National Panasonic on March 24.

Regards,
Phillip Caldwell
Sydney Striders

We hope to attract plenty of runners for our Tunarama Fun Run, which this year had 83 entrants. For us this was a wonderful response from the usual 30.

For the Tunarama Fun Run on January 28, perhaps S.A.R.R.C. could organise a group to travel here and join us? Please could this idea be discussed.

Yours sincerely,
John Bell
Port Lincoln

Now that you're all fully recovered from your marathons, I'd like to thank SARRC for a terrific six weeks of fun and training while I was working in Adelaide in May and June. Thanks to your hospitality, the training schedule, the invigorating Brownhill Creek and Waterfall Gully runs and — it must be said — the run (?) up the trails (?) of Mt. Remarkable on your "Fling in the Flinders" weekend, I was able to do a 3.13 marathon in July, a PB by over 20 minutes.

I'd been aiming to run in "the Wang" in

Sydney, but scratched it when the serious illness of a co-worker in Adelaide became a higher priority. Work moved on to rain & wind-swept Melbourne and training was harder, but I ran the Mita Copiers-VAA State Championships Marathon, and its flat course (and subzero temperature) paid off in a fast time. My main regret was not having been able to run in Adelaide August 26.

My SARRC T-Shirt provoked several comments as I travelled to the US & then back with my family: "There's no such place as South Australia" (an old guy in New York — I set him straight) "I've got a shirt just like that!" (beach boy in Trincomalee, Sri Lanka). Now that we've settled in Sydney and all the running is either up or down hill, I'll be reaching for new targets. I'd like to make a SARRC run one of them. See you then.

Clint Morrison
No. 2321

I've read many articles in S.A. Running (which incidentally I think is a great journal) on training, clothing, achilles tendon, knee problems, stretching etc. but nothing on "Runners Bowel". (RB for short-which is how we get caught! Mary Hartley beware, another poet take the air)

Until this year RB was not for me a significant problem, but recently on longer training runs (runs is becoming the operative word!), I have knocked on the doors of 2 total strangers, begging the use of their facilities, polluted 2 front gardens and returned home with clothing that my wife will not throw out and not wash. On the Morialta Falls run the Old Peoples home on Walkerville Tce., was my savior. So RB is not only embarrassing but also expensive (new training gear). Having done a quick survey at the training clinic, mainly the loo queue, (possibly a little bias), it appears that some 100% of distance runners suffer from RB and apart from getting up ten minutes earlier, which we all do anyway, and stapling a sheath of paper inside our shorts, no one has a solution. Taking a dog on a training run to blame for the pollution was one runners answer to the embarrassment problem!

Obviously there is an answer to RB as I've yet to see Deek, Salazar, Lopez, etc. dive off into the bushes when they should be starting a surge. So please, someone, somewhere, share the secret of overcoming RB with us unfortunates with normal body functions.

Yours in need,
Terry (RB) Boswell



Lisa Martin with her mother Shirley O'Dea at the Adelaide Airport. Lisa is in Adelaide for a month following her great 2.27.40 in Chicago.

Photo: Sunday Mail

MARATHON VIDEO

Professionally produced — a great memento of the 1984 event. Don't forget, place your orders by November 30 to take advantage of the special price of \$34, or \$39 for a personalised copy (a short segment of you crossing the line added to the 25 min. programme). Orders received after November 30 will carry a surcharge of \$15.

MARATHON START POSTER

This beautiful photograph, which caused so much comment on the day is available from the Sunday Morning Training Clinic, the S.A.R.R.C. Office (cnr. King William and Sturt Streets) and the Sunday Mail (News Ltd. Building — North Tce) for \$10.00. It measures approximately 90 cm x 68 cm!! Postal orders can be made directly to S.A.R.R.C., GPO Box 591, Adelaide, 5001. Include \$3 package and postal costs.

Views on the Marathon

As a participant in the recent Festival City Marathon, I would like to pass my appreciation to the Officers of the South Australian Police Force for their co-operation and assistance in providing a traffic-free course for the Marathon runners.

I appreciate there has been some controversy about the closure of streets and the restriction of access to certain parts of the City while the race was being run. I know it was a difficult task for the Police as this was the first time the Marathon had been run over this course, and that by its very nature it is an event which is spread out not only over a long distance but continues for a considerable period of time.

I understand the organisers have already begun discussions with the City Council and your Officers concerning ways in which the problems can be overcome. I hope these discussions are successful as the Marathon has become a very significant event for South Australia, and will play an important role in the Jubilee celebrations in 1986.

Once again, my thanks to the members of the Police Force who helped to make the 1984 Marathon a success.

Yours sincerely,
Premier
(J. C. Bannon)

I feel compelled to write to thank you for a perfectly organised marathon.

Everyone from the elite to the scrubbers were made to feel a king or a queen for the day.

The people who manned the aid stations made the run hassle free, and Mrs. Wendy Chapman's efforts to take time out from an obviously busy schedule, to assist at the start and also on the aid stations, would have been appreciated by all competitors. Brian Chapman's witty comments also added to the days enjoyment, and Bronte Turner's Fast Photo Service was amazing.

We do not have the energy to thank the helpers on the day so please accept my heart felt thanks, you were all fantastic and we all appreciate your efforts very much.

Kay Shipway, Black Forest

I write to congratulate you, and your organisation for a most excellent preparation and result, concerning "The Festival City Marathon" for 1984.

The Police Dept. and St. John organisation gave a wonderful back up for the safety and the comfort of all competitors.

The spectator public gave great support to the scene.

I was almost last to complete the 42K journey, but it was as if I was placed at the head of the field, for your volunteers at each control comfort station were just first class, and did their job from start to finish despite the extended time receiving them at their place of involvement.

As I approached the Victoria Park Racecourse volunteer position for the last time, I was met by a real enthusiast, I think, his name was "Adrian", who met and accompanied me for at least a half mile, and we were able to talk with some depth, as to my well being, and my thoughts at that stage of the marathon. It was a very good example of good fellowship and help to me, as I set out to complete what I had set out to do at 8 a.m. I was much helped by that experience.

I realise a number of other people may have been inconvenienced in some way, as the marathon proceeded, but when one thinks of the bad news we constantly read of in the front pages of our newspapers, it was good, by comparison to know the marathon at least provided a change of thinking, by its very simple desire to provide a very pleasant change from many protests that seem to be also constantly present in our Festival City.

I too attend church, regularly, but I can assure you, on Sunday, I counted my blessings for being alive, and for being able to take part in the Festival City Marathon being thankful for my apparent good health, which allowed me to finish, almost last but knowing the efforts of so many made it possible for me to do my best and finish.

I wish you well for the next Marathon which will be even better for the lessons you have learnt to make it so.

Eric Baker, Happy Valley
1453rd, 6:34:10

Thank you very much for your assistance in enabling me to compete in the Sunday Mail Farmers Union Marathon last weekend.

The race organisation was magnificent and a credit to The South Australian Road Runners Club who must have devoted a lot of time in the Marathons preparation. The race was one of the best competitions I've ever contested in my 10 year running career.

The course has the potential to produce fast time's as well as having some very pleasant scenery to break the competitive monotony which all Marathoners experience at some stage of their event. Being a traffic free course add's to the safety of all the competitors and makes the event much more

enjoyable, if one can call Marathoning enjoyable! I can't praise the organisers enough.

I hope the "post race" organising is moving along smoothly and your prestige amongst the other A.I.M.S events is consolidated following the success of this years event, I'm sure every competitor in the race will have happy memories of the Marathon.

P.S. Please offer my congratulations to the State Premier Mr. Bannon on his outstanding achievement.

Steve Poulton, Sydney
1st, 2:20:23

I wish to express my extreme concern about the re-routing of traffic that occurred in the North Adelaide area during the running of the recent Sunday Mail/Farmers Union Marathon on Sunday the 26th August.

My main concern is not that numerous residents and commuters in the North Adelaide area were inconvenienced by traffic re-routing, nor that many churches in the area were unable to hold normal services (although it is an interesting comment on civil liberties and the freedom of religious worship that many people were prevented from attending church), but I am extremely concerned that a positively dangerous situation was created whereby parents and hospital staff were denied free and easy access to the hospital for a period of perhaps several hours. To the best of my knowledge no emergencies arose as a result of this, but I am sure this is more by good fortune than good management.

I suggest that the route around the Children's Hospital was ill chosen, and that a similar sequence of events is not allowed to occur in the future.

G. J. SMITH
Visiting Paediatrician
Adelaide Children's Hospital

We have just returned from a very enjoyable few days in your state, having visited Adelaide to participate in the 1984 Festival City Marathon.

All these members of the Portland Marathon Runners Club who participated thoroughly enjoyed the event and appreciated the fine organisation which obviously went into planning the event and especially the excellent facilities provided for such a large event. The friendliness and encouragement of fellow competitors, organisers and helpers including the Police force and St. Johns Ambulance brigade was an outstanding feature of the marathon.

My purpose in writing is not just a use of

"post marathon euphoria" but a concern about the future of the event especially the course which makes it perhaps the best urban marathon in Australia.

I was unhappy to see some criticism of the traffic "confusion" caused by the marathon both on television coverage of the event and in Mondays edition of the "Advertiser".

Whilst I can appreciate that many people may have been inconvenienced by the temporary road closures, I hope that this does not lead to an over reaction which could deny Adelaide a marathon event to be proud of, especially as this will be part of your 150th Anniversary celebrations to take place in 1986. I am sure that the problems mentioned in the media can be overcome by negotiations with church leaders and other affected groups. Pre-race publicity could focus on advising the traffic about the road closures.

Thankyou to the people of your state for their hospitality.

Andrew Arnold
Portland Marathon Runners Club

I would like to congratulate you and the city of Adelaide for organising such an excellent marathon. This was my 10th marathon and also my personal best time of 3 hours 11 minutes.

Firstly, I would like to congratulate you for organising a traffic free course. I think this is an excellent step by you and your committee. Having witnessed runners being knocked over in the Sydney Wang Marathon it is a comforting feeling knowing this will not happen in your marathon.

I have run the following marathons:
New York City, London, Athens,
Big M Melbourne (twice), Sydney Wang,
Auckland, Honolulu (twice).

Your Adelaide Marathon was as enjoyable as any of the others and the organisation better than most.

The Course — I have already mentioned the traffic free. I found this a fast interesting and scenic course. The road services, aid stations, and police control were all excellent. The general friendliness of participants and the Adelaide public will make this one of the most memorable marathons I have run.

I would like to repeat however that the big difference is the traffic free course and as I have said many times before, if they can do this in New York you should be able to do it in any city in the world, well done Adelaide.

Well done, and I will certainly be a regular in future Adelaide Festival City Marathons.

Jeffery Naylor, North Sydney

Just a line to apologise for not starting in the marathon, I was and am still, suffering from a knee & back injury.

I enjoyed the marathon from the side lines and that night amidst groans about aches and pains from my friends and husband, I couldn't help but write a few lines

Thank you for another great year of training, I'm looking forward to joining you all again as soon as I can manage to get around the block.

Pauline Small, Hackham

I write to express whole-hearted disapproval of the City Marathon.

Such an event (along with every other form of organised sport on a Sunday) is a flagrant and even deliberate violation of God's solemn command (see Exodus 20:8). It is a serious evil when private citizens become actively involved in God-dishonouring, Sabbath — desecrating sport. It is still more serious when persons who hold a prominent station in life, join in the fun.

**W. M. Kitto
Secretary, Adelaide Branch
Lord's Day Observance Society**

Congratulations to you all on an incredible organisation feat! Having been involved in organisations of large functions. I do have an inkling of the work involved and it is a great credit to all that it (the Marathon, I mean!) would have to be the best organised and most professional event that I have ever come across.

The state event was a personal "high" for me — the run, the crowd, the cheering officials and the atmosphere.

**Tony O'Shea
Norwood, SA**

I wish to take this opportunity to applaud the efforts of your army of helpers whose contributions made the 1984 Marathon run such a great success. I was amazed and delighted at the magnificent organisation of the whole operation.

This was my "maiden" Marathon, which I completed in 4 hours 40 mins. plus, and it was a source of enjoyment to me from go to whoa. There is no way known you could keep me from coming back in 1985!!

At the 34 km aid station a fellow named "Adrian" was a mountain of encouragement to me and other competitors I'm sure.

To have had him there and giving such wonderful encouragement sure recharged my batteries.

I am originally a South Australian and

proud of it, but have been living in Victoria for the past 23 years. My faith in the generosity and hospitality of South Australians was reinforced on Sunday — again thanks a million for a job well done, it was worth the drive of 600 kms to be a part of it.

I only took up running 18 months ago to get fit. At 51 years of age I've made it.

Leolyn Watkins, Ararat Vic.

I would just like to offer my sincere congratulations on the supreme organisation and enthusiasm of S.A.R.R.C. in relation to the 1984 Festival City Marathon.

You handled this mammoth task with a high degree of expertise and efficiency. It was my first marathon, and I felt all the work I had put in was all worthwhile as I ventured along the traffic free picturesque course. In addition to my own personal satisfaction at finishing I met some great people who were just as appreciative as I was for the excellent organisation and beautiful course. Many of my friends have now become enthusiastic about attempting the run in 1985 or 1986. This may be due to my constant discussion of how enjoyable and challenging running is and also they must realise that if someone like me, (with the physique of Robert Kabass) can make it, so can they.

Ron Pippett, South Plympton SA

During the Festival City Marathon, I volunteered to again call times and supply motivational music at the half way point at Currie Street, while Helen helped by handing out drinks at the Y.M.C.A. Station.

I found pleasure in calling to those runners known to me either as S.A.R.R.C. members, or veterans, also D.R.C. Runners, and a "Hi There" for all.

I would like to think that a cheerful voice and motivational music may have lifted many of your marathoners to perhaps a slightly faster tempo.

Congratulations, organisers, and runners.

Max Barnes

Congratulations on yet another absolutely fantastic marathon.

Everything was incredibly well-organised from the start with the cannon and balloons, to the traffic-free course, to the plentiful aid stations which were well-stocked and staffed by encouraging, cheerful volunteers, to the smooth-flowing finish system and the attractive presentation of awards ceremony with the native flowers. I don't think the organisation could be faulted.

However, I would like to register a protest about the sponsorship to raise money for

charity. I think the idea is excellent — it gives extra motivation to runners to complete the event and makes more people aware that the marathon is about to take place. But I feel that SARRC is not a deserving charity.

In future, I think all sponsorship money should go to a deserving charity (preferably South Australian).

I am still more than happy to support other SARRC fund-raisers (including sponsorship for runs if people know exactly what they are contributing to).

Thanks again for organising the best marathon in Australia.

Your sincerely,
Sue Macdonald, Hope Valley SA

The organisers of the race are ignoring both Divine and Common Law, they also face the charge of "causing others to stumble" and the scriptures are fairly explicitly about those who do this.

**Fr. Richard Morris
Rector of Burra**

Thanks and more thanks, to many people for an excellent day on the roads of Adelaide, for the first "Around Town" Festival City Marathon.

As for one it was a great week-end being a country club member.

Friday night carbo was a great experience my first and what a crowd and I even won a book in the raffle and then to finish off Sunday with PB I felt a million dollars driving back home afterwards.

Thanks and praises all around but more particularly the Police force, Drink Stations and above all the hard working committee.

Doug Kirby, Maitland SA

I am writing to you to thank you for the standard of organisation of your Marathon which was first class. This was the 9th marathon I have run and I was pleased to be able to reduce my PB by over seven minutes.

Jon Holmes, Oakleigh Vic.

My results book has arrived and I haven't expressed my thanks for a well-conducted marathon — have you been told that the Adelaide marathon results book arrived the same week as the Wang Marathon book! It did for me and the SARRC certificate with its additional information (more than any I have received for any previous run) was very welcome — maybe Dave Cindy could follow

suit; would save me typing 1800+ certificates!

Thanks for the invitation to the ACT as part of the Teams Cup — I supported it, although slowest of the women — as I feel that if you do not take up an offer the first time it may not be offered again. Now that the challenge is established maybe more "elite" ACT runners will consider nominating for the team.

Except for the wind I enjoyed the run — as one of the slower runners I like out-and-back sections so I can see the front of the field (I didn't at the second out and back, not even the first woman!). The course is potentially fast and I hope to return one day to give it a try for a PB

Thanks for the invitation and a well run marathon. Hope to see you at the Thredbo Running Week.

**Yours in running
Wendy Davidson
ACT**

I ran my first race in the Festival City Marathon. It was the most satisfying experience of my life.

The atmosphere was great and I really enjoyed talking to both runners and spectators. Now I have a real appreciation of running.

I would like to thank everyone involved for making this possible and I hope that things will be even better next year!

**Marco Irlitti
Norwood**

For future Marathons may I suggest:

1. That the route be altered so that it does not create loops around localities such as happened in both sections of North Adelaide.
2. That where four-laned roads are used the runners be confined to two lanes, so that single-lane two-way traffic is possible on the same route.
3. That effort be made to provide crossover points using existing bridges and overpasses, and some alternation of sides of particular roads by runners.
4. That clear notice be provided to the public not only about road closures but about road access, and that organisations, including churches, known to be affected be contacted in writing well in advance of the event.

I am sure too that those responsible for the organisation want to reduce inconvenience as much as possible, and I will be interested to see what changes are proposed for next year.

It seems to me that freedom to worship is a basic right of our society, and those of us who

meet together on Sundays to worship God do so because of its benefit for us personally and the community in which we live.

Rev. Graeme Pitt
Nth. Adelaide Baptist Church

The purpose of this letter is to contribute what we hope will be constructive criticism of the recent Marathon conducted by your club. We write as a club in excess of 100 members committed to bringing a healthy and fit life style to the man in the street.

Our criticism is centred only at the finish area of the run where several incidents left us in dismay.

Prior to the 5 hour mark being reached officials began dismantling the barricades and taking down the bunting despite the fact that many fee paying runners were still running.

As a final indignation the Finish Banner was lowered and the scaffolding begun to be dismantled and still the tail enders plugged on.

Peter Frick
Secretary
Gawler Recreation & Fitness Club Inc.

I can only heap buckets of praise on the excellent organisation that went into a really great event.

I really enjoyed the new traffic free course and am only sorry that some uninformed people caused hassles because of minor inconvenience to themselves, I'm sure you'll overcome these problems before next year's marathon. My 3 interstate guests who also ran and shared my enthusiasm for the brilliant organisation and great course.

Having run in the London, Canberra, Melbourne and the old Festival City Course, I feel the 1984 SM/FU was definitely TOPS!

I felt like V.I.P. all the way as an abundance of water, sponges etc. were handed to me by a veritable army of cheerful & encouraging volunteers.

Congratulations and well done to the hard working Marathon Committee, Race Director and all helpers on the day. I appreciated all the great work put in by all the great comradry from other runners.

I am very proud to be a member of the South Australian Road Runners!

Thanks
Elizabeth Arnett

Just a short note concerning yesterday's marathon whilst the event is very fresh in my mind. It was a grand event. From a runner's point of view, I doubt that fault could be found. Personally, I had absolutely no hassles

before, during the after the race. The finish was excellent and the carnival atmosphere helped to brighten what might have been a relatively gloomy morning. I didn't even notice the lousy weather.

To my mind, the new course is far superior to the old. The icing on the cake was the lack of motor cars.

The "Tee" shirt and medalion are of excellent quality. In all, I can only repeat my praise of the event and wish to thank all of the people involved in its organisation.

Thanks again. See you next year. I can hardly wait.

Bryan Cutt, Murray Bridge SA

Just a note to thank you for sending me the various programmes & result lists of your marathon. It certainly sounds like you have a great marathon and I wish I could have run. Incidentally, I was interested to see how well N.T. fared — their training wouldn't be easy in that harsh environment.

Best wishes from
Jill Colwell, Southport Qld

The arrangements yesterday from a competitor's point of view were excellent, as ever. Congratulations!

I hope that you were satisfied with the support from freedom for Hunger. I've spoken to John Sandover today and he was most enthusiastic. Many thanks for giving us the chance to be in it. John says the campaign has learnt a lot and could be more effective next year or in 1986 if you would allow us again.

However that's up to you all. We shall live in hope but in the meantime are most appreciative for 1984.

I wanted to let you know straightaway how really good everything was and to offer my congratulations to you and everyone concerned.

All the best!

Robin Millhouse

We raised \$5743 for the Freedom From Hunger Campaign and SARRC club development.
Thanks runners.

As the stiffness and soreness leaves my legs at about the same imperceptible speed at which they carried me over the finish line, I still feel gratitude and admiration for the superbly organised way in which you allowed me to inflict nearly four hours of self-torture in this year's Marathon.

It was my first Marathon, and was organised as efficiently and considerably for

so many people that I must write and offer my congratulations and my thanks for a very memorable occasion.

J. M. Read, Murray Bridge SA

Weekend staff and patrons of the Botanic Park, Botanic Gardens and Botanic Gardens Restaurant were inconvenienced on account of the route taken.

Dr. B. D. Morley
Secretary, Board of the Botanic Gardens

My personal thanks for a well-organised friendly Festival City Marathon which once again kindles an extreme abundance of friendship among people of kindred spirit and common effort.

To Promoters, Police, Aid Station Attendants, Officials, Spectators, and Supporters, we could not do it on such a scale without your support.

Let us keep up such events to enable people to prepare for and accomplish attainable, challenging goals. Well done! Sincere thanks

Marcus Bruer
Secretary Western District A.A.L.
Adelaide Oaklands Park

I believe the following improvements can be made, to the Festival City Marathon route:

- The road closures indicated appear to cater for stragglers whereas the front runners only need a clear run — others to comply with normal traffic control.
- Roads for through traffic are not indicated for the benefit of motorists on the accompanying map.
- During 1986 many functions will be based in the city proper and therefore the public must have access to them.
- For visitors to this City and for travellers based in the City, a clear indication of exits from the City must be given especially to the airport and to main tourist centres.
- The normal facilities of the City such as hospitals, churches, etc. should be available to all with a minimum of inconvenience. I believe that this event can be a great success in 1986 and you are probably in a better position to fine tune the event than many others who will be organising a major event for the first time in our Jubilee year.

K. E. Obst
Chairman, Protocol & Ceremonies
Committees, SA Jubilee 150

Congratulations on a superb marathon. I finished in 3.22.36, beating my previous PB by 5M.35.

It was my sixth Marathon, but the first one I have run all the way. As usual, I started to fall apart at about 30K (lack of training), and began running with a man (with beard and green singlet). With about 200m to go, I kicked, and pulled away from him.

If it wasn't for my anonymous running companion, I would not have run all the way.

I felt like stopping so many times, but every time I slowed down, this man would urge me on. I shook hands with the man after we finished, but after some thought I would now like to pass on my appreciation via a letter.

Would it be possible to find out his name and address via the proof photos? I hope so.

Thanking you in anticipation,
David Stockman

My compliments for a superbly organised, arranged, and executed marathon. I have run the Honolulu Marathon (considered one of the top five United State Marathons) three times, and compare your event last Sunday as equal or better than the Honolulu classic in all areas. I especially appreciated the traffic free course, well supplied and closely located aid stations, and the Programme, Race Instructions and Entrants' List booklet.

Keep up the good work.

Bob Chaplin, Woomera SA

Congratulations on a well run and truly enjoyable race. Adelaide should take much pride in hosting such a first class event.

I wanted to take a moment to express my thanks for the hospitality extended to me during the race weekend. From the SARRC members who made my participation possible, to the volunteers and spectators who assisted me in my out of shape condition, I couldn't have asked for a warmer reception.

I am obviously pleased to have completed my first international marathon, but the highlight of the weekend for me was the friendship and comradery that I witnessed and experienced among all those involved, from the 2.20 veterans to the six hour "first marathoners." This is truly what running is all about.

So goodbye for now and don't forget to bring your running shoes when you visit me here in Nashville. The fridge is filled with beer in anticipation of your arrival.

John Herrilko,
817 Running Deer,
Nashville, Tennessee 37221