

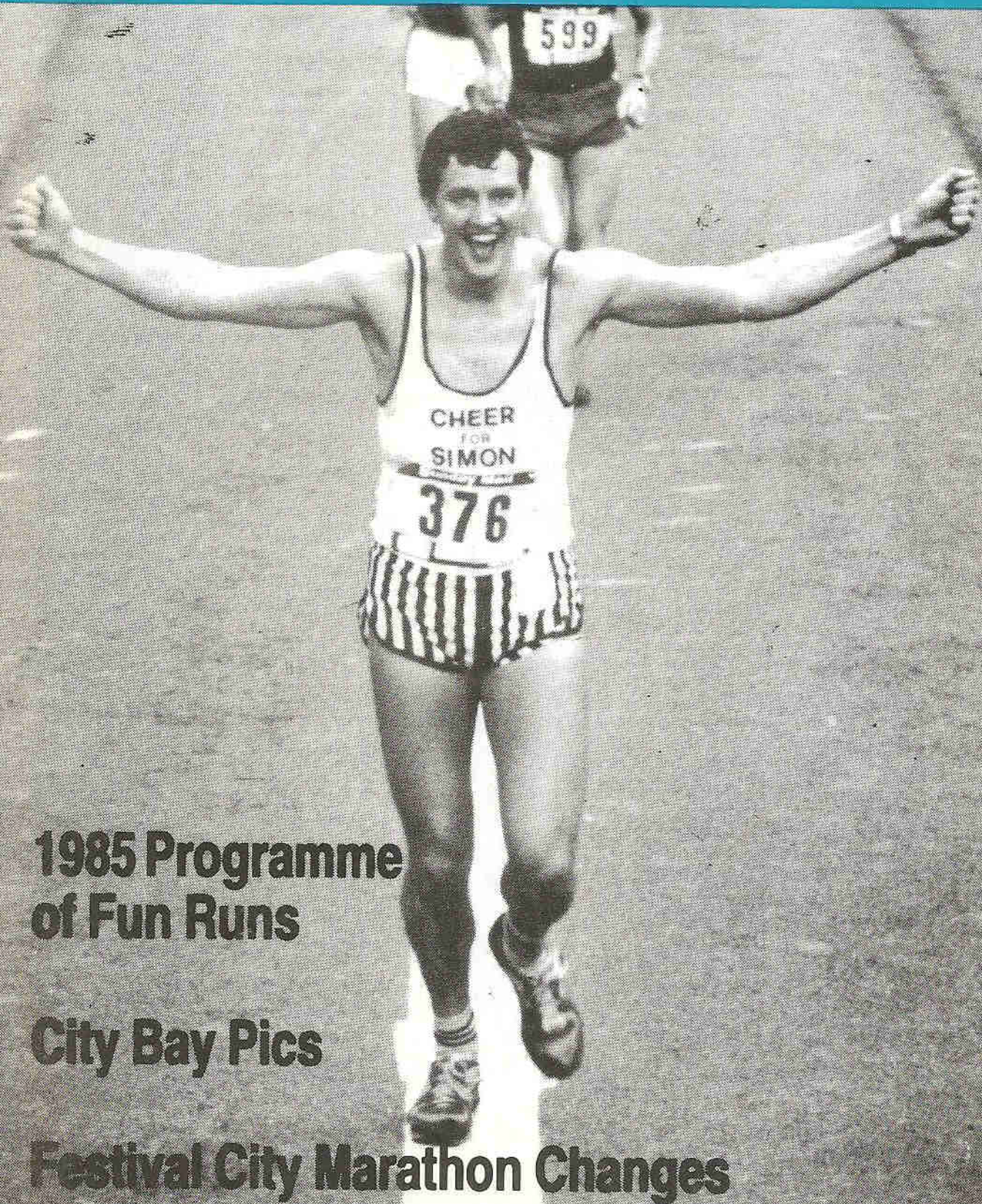
SOUTH AUSTRALIA



RUNNING

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

No. 11

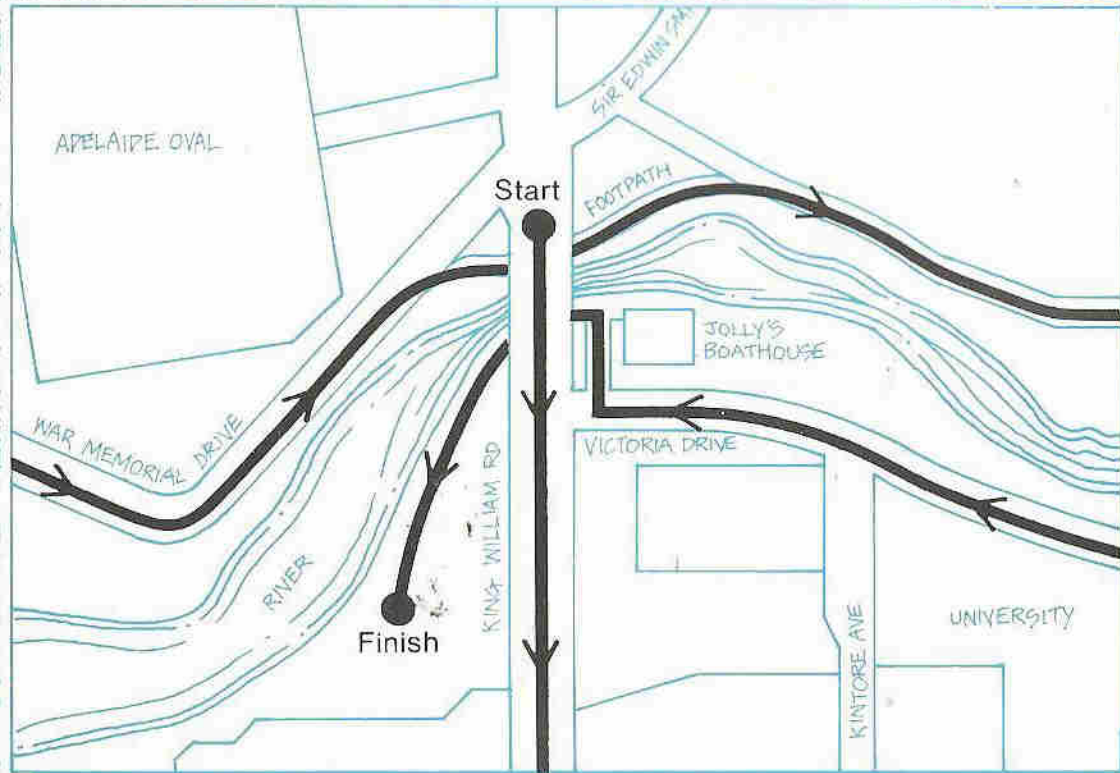


**1985 Programme
of Fun Runs**

City Bay Pics

Festival City Marathon Changes

Detail of Start/Finish Area

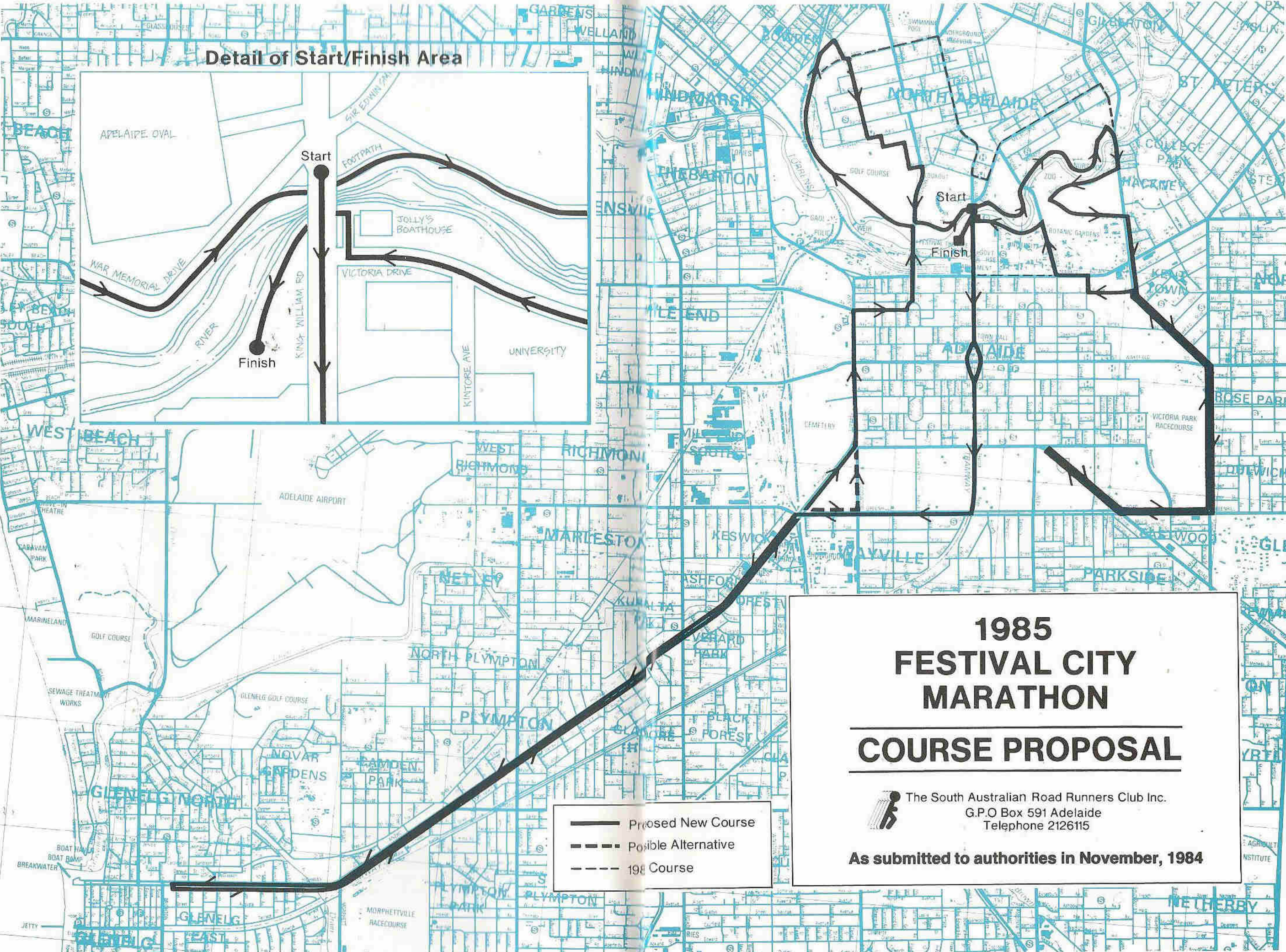


**1985
FESTIVAL CITY
MARATHON
COURSE PROPOSAL**


 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.

SOUTH
AUSTRALIAN
ROAD
RUNNERS
CLUB



FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

SARRC Office,
Cnr. King William &
Sturt Streets,
GPO Box 591,
Adelaide. 5001
Ph: 212 6115.

NEWSLETTER No. 23

Registered by Australia Post
Publication No. SBH0729

December 84/January 85

S.A.R.R.C. OFFICE NEW HOURS

Commencing December, the S.A.R.R.C. office, 1 Sturt Street, Adelaide will be open 9.30 - 3.30 pm Monday, Wednesday and Friday.

NOTE: The office will be closed from December 25 to January 1. Open on Wednesday January 2.

WHAT'S ON IN SARRC UNTIL FEBRUARY

Every Sunday

7.45 a.m. Cnr. Bundeys Road and MacKinnon Parade, North Adelaide various distances. 7.00 a.m. Long run group (2hrs)

Every Sunday

7.45 a.m. Le Fevre Peninsula Community and Youth Centre, 541 Victoria Drive, Osborne. **Not Open December 23, December 30.**

Every Wednesday

5.25 p.m. 91 Gilles Street, Adelaide. **Not Open December 26.**

Every Saturday

8.30 a.m. Cnr. Bundeys Rd. Speed training with Roger Pedrick. Any runner — all paces. No cost. **Not Open December 22, December 29.**

Athelstone Clinic (Wednesdays) is closed from December 12 and will open February 13.

O'Halloran Hill Clinic (Thursdays) is closed from December 20 and will open February 28.

Christies East Clinic (Thursdays) is closed from November 29 and will open February 28. **Details in next Footnotes.**

Sunday runs in North Adelaide 8.00 a.m. will vary from:—

- "River Run" 10.2 km or shorter loops
- "Torrens Valley" 12km (approx)
- "Round-the Town" 13km (approx)
- "Hazelwood Park" 14km (approx)
- "Grand Prix" 10km (approx)

SUNDAY MORNING MEMBERSHIP AND TRADING TABLES

Commencing immediately, the membership and trading tables will be open from **9.00 a.m.** (Barbara and Janice need a run too).

MEMBERSHIP TAGS WILL BE POSTED IN JANUARY

LONG RUNS 7.00 a.m. SUNDAYS

Training for London or Canberra? or just want a long run on Sundays and you find the 8.00 a.m. start too late. Turn up 7.00 a.m. at the Cnr. Bundeys Rd., December, January, February. Groups can decide which course.

NEW YEAR "RESOLUTION" RUN — ROUND THE TOWN

January 1, 1985 (Tuesday) commencing 8.00 a.m. Course "Round the Town" 13km or shorter loops if you wish. Make your new year running resolutions and we'll post them back to you on June 1. Entry \$1. Random draws.

SPORTS LOVER RIVER RUNS Sundays January 6, February 3

Don't forget. The next popular 10.2km time trials will be on Sunday January 6 and February 3 starting 8.00 a.m. Entry \$1 on the day from 7.30 a.m. Random draw of Brooks Shoes at 9.30. Sponsored by Sports Lover (Rodney Robran) who gives 20% discount on shoes to S.A.R.R.C. members.

ANNOUNCING TWO NEW S.A.R.R.C. EVENTS

International Women's Day Fun Run — March 9 (Saturday) 5km

The inaugural event will be held in 1985 and is a celebration of women running. The fun run precedes the annual International Women's Day procession. The course is the off-road loop between the Weir and the Zoo Bridge. Entry forms out in January. Jane Taylor — Race Director.

Membership Renewal — NOW!

If you haven't renewed your membership, this is the last newsletter or journal you'll be getting. Fill out the form below and return immediately.

NOTE: Use photocopies for additional family members.

EXECUTIVE DIRECTOR

The following ad was placed in the Advertiser on Saturday November 24. Members interested in applying for the position should do so immediately.



EXECUTIVE DIRECTOR

The South Australian Road Runners Club is Australia's largest and most progressive runners club with a membership of over 2500. The Club conducts a year-round program of running events, training and social activities for runners of all ages and abilities from beginners to marathoners. The flagship event is the Sunday Mail Festival City Marathon, a recognised international road race and a major event of the South Australia Jubilee 150 in 1986.

The Executive Director is a new position (responsible to the Board), created to ensure the continued successful growth and development of the Club on a sound businesslike basis. The Club has a large office in the Recreation and Sport Administration Centre and employs an Administrator who will be responsible to the Executive Director.

This is a top sports administration position. The successful applicant will be innovative and marketing-oriented with an ability to communicate effectively. Jobs will include:-

- arranging and servicing sponsorships for the marathon and other club events (in excess of \$100,000 p.a.)
- major event race director or assistant race director.
- managing editor of the quarterly journal "South Australia Running" and other club publications.
- maintaining close contact with and co-ordinating club committees
- developing the marketing areas, SARRC Travel and Club sales.
- managing the computerisation of Club and event administration.
- supervising paid and voluntary club workers.
- liaison with relevant government departments, businesses and national and international sporting organisations.

Applicants should be physically fit and sensitive to the needs of runners at all levels.

An appropriate salary package will be negotiated with the successful applicant.

Enquiries regarding this position should be directed to Christopher Acton, phone 267 1293 (a.h.) or Russell Paterson 44 3628 (a.h.).

Applications (strictly confidential) outlining previous experience should be sent to:-

Mr. Christopher Acton,
S.A. Road Runners Club Inc.,
G.P.O. Box 591, ADELAIDE 5001

ESA4112090414/24.11

SRI CHINMOY 3km TIME TRIALS Every Thursday until end February

6.15 p.m. outside Uni Gym, the Sri Chinmoy team conducting weekly time trials around the Uni Loop (plus), Entry \$1.

WOMENS MARATHON SUPPORT GROUP: December 28 Friday, January 25 (Friday)

A reminder to all women training for the marathon (even if you think you might run one one day). Meets the last Friday every month, upstairs conference room at S.A.R.R.C. office, 1 Sturt Street, Adelaide, 5.45-7.15 pm. Optional meal afterwards.

S.A.R.R.C. TRAVEL NEWS

The Thredbo National Running Week Tour is now full (40) and the London Marathon Tour getting close to capacity (40 guaranteed entries — it's not too late).

We are finalising the 1985 programme now. We would particularly like to know how many are planning to travel to the Canberra Marathon (April 14). Please phone Janice Graves 212 6115. Or any other suggestions for tours or trips.

NORTH HAVEN CLINIC HOST DAY SUNDAY 10th FEBRUARY

The first of hopefully many interesting variations to our normal North Adelaide pack runs will take place on Sunday, 10th February, 1985.

We will meet and run with the North Haven group on that day. Meet at 7.45 a.m. for an 8.00 a.m. start. The runs will take in Outer Harbor and Northern metropolitan beaches. (Note: North Adelaide training also on this day — but lower key).

MARATHON VIDEOS, PHOTOS AND START POSTER

Did you order one of the above and assume they would be posted? Postage was not included in videos — so please drop into the S.A.R.R.C. office (or send someone) Monday, Wednesday or Friday 9.30 - 3.30 pm.

The Start Poster \$10 would make a great Christmas Gift!!

BOB SWEET'S SALISBURY SPORTS STORE

Apologies to Bob Sweet for omitting part of his advertisement in the last journal.

Bob's news is that he has a large shipment of Nike "Terra" shoes at special prices. 8 John Street, Salisbury 258 3411.

MILDURA WEEKENED NOW SEPTEMBER 29, 1985

The S.A.R.R.C. Travel trip to Mildura for a half marathon

Festival of Running — March 17 (Sunday) 6 x 4.5km Relay, 50km 'ultra'

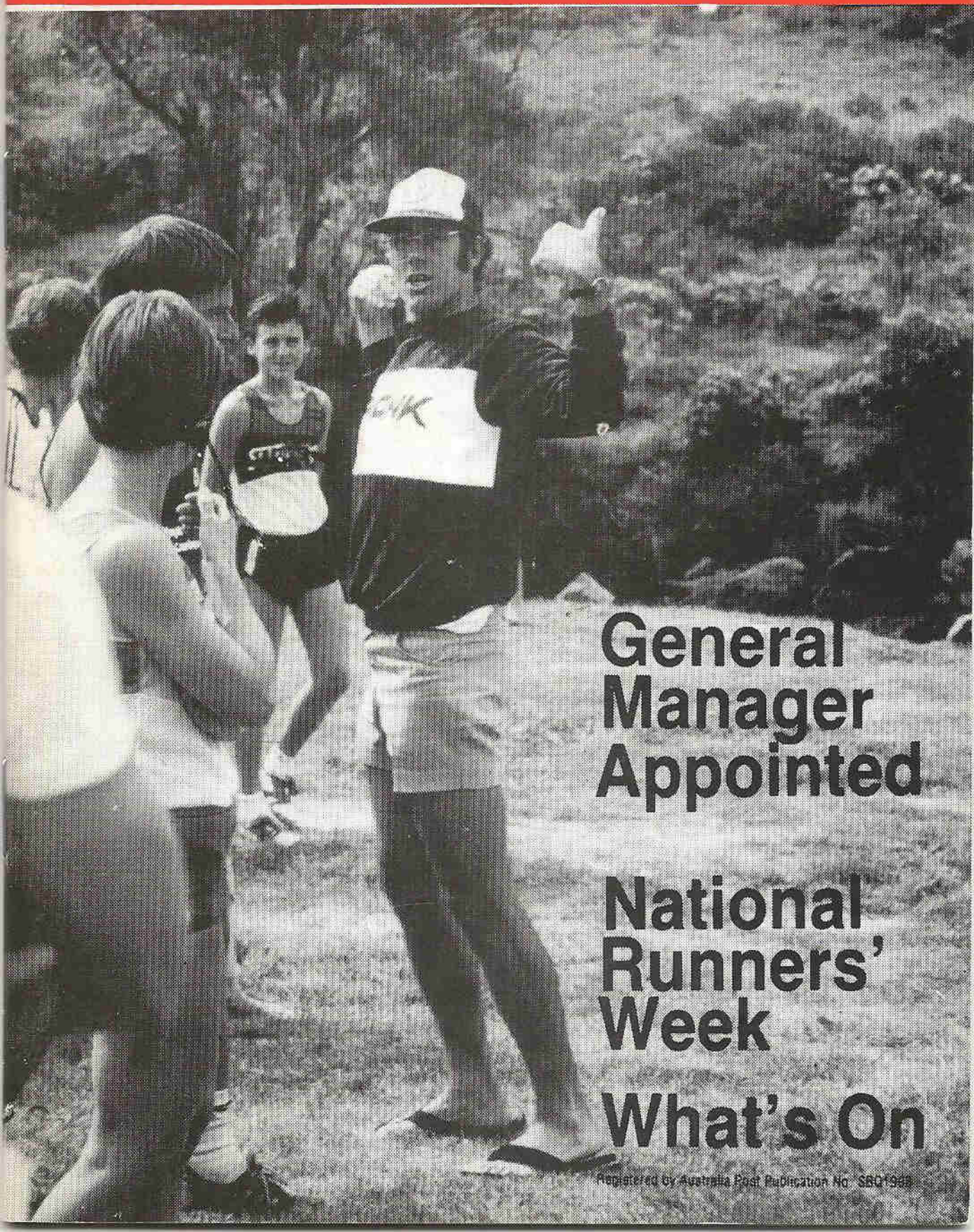
This will be one of the biggest participation events of the year. The Festival of Running will be conducted off-road around the popular 'Weir Loop' between the Zoo Bridge

SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. No. 12

MARCH 1985



**General
Manager
Appointed**

**National
Runners'
Week**

What's On

Registered by Australia Post Publication No. SBQ1985

SOUTH AUSTRALIA

RUNNING

A journal of the



The South Australian Road Runners Club Inc.

Postal Address: GPO Box 591, Adelaide, S.A. 5001

Office: 1 Sturt Street, Adelaide
Monday, Wednesday, Friday Noon - 2 p.m.

Phone: 212 6115

Board of Management: Russell Paterson (President), Chris Acton (Vice President), Clem Graves (Treasurer), Chris Doyle (Secretary), Bruce Abrahams, Barb Hanlon, Bill Gaebler, Fay Nichols, Ralph Broughton.

General Manager: Bruce Abrahams

Administrator: Janice Graves

Editor: Bill Gaebler

Next edition of "South Australia Running" will be the "Winter" edition, the second of four in 1985.

CONTENTS

General Manager	5
SARRC Travel	7
Annual General Meeting	9
Letters	10
1985 Start Running	12
Runners Bowel	14
National Running Week	15
Profiles	21
Pain in the Lower Back	22
Running Log	24
1985 SARRC Program	28
What's On	29

COVER: National Running Week organiser Brian Lenton, briefs runners before the start of the Round the Village Fun Run at Thredbo.

"It's a Mr. Abrahams. He wants to know whether you could bless a marathon!"



LATE NEWS: Adelaide Council have approved the modified course for the Festival City Marathon.

Bruce Abrahams wins top job

by Bill Gaebler

Bruce Abrahams, the immediate past President of the South Australian Road Runners Club, has been appointed its first General Manager — a first among road runners clubs in Australia.

Bruce won the position from 21 applicants after a selection panel of the SARRC Board interviewed a "short list" of four.

The selection processes were quite stringent and included advice from Mr. E. J. Hogben, Personnel Director, Diverse Products.

Bruce has a daunting task ahead of him — the General Manager will be a demanding position from which some may expect minor miracles to be accomplished.

But Bruce has definite ideas on what should be done. He has an air of assurance about him and confidence in his ability to overcome problems and complete assignments.

For instance, he intends to maintain SARRC's spectacular membership growth. He plans to make the Festival City Marathon a truly international event while at the same time offering incentives for even the slowest movers to enter.

Viewing Bruce's background in running, he must have presented formidable opposition for the other 20 candidates for the full-time job as General Manager.

Bruce has been associated with the club since its inception in 1980, helping to develop it out of the first Festival City Marathon in 1979. Since then he has been a driving force, providing motivation for its continual growth to the leading runners club in Australia with more than 2500 members in 1984.

Bruce comes from a position of mathematics lecturer at the Adelaide College of Technical and Further Education. He also has experience in staff training and development and has worked in the computer industry. He is currently a member of the South Australia Jubilee 150 Board.

Bruce started his athletic career as a sprinter, hurdler and decathlete. He represented NSW in the 110-metre hurdles and Australian universities in the 400-metre hurdles against New Zealand Universities in 1960. It wasn't until the 1970's that he became involved in long-distance running, not because of his athletic talents but rather because of his interest in the healthy aspects of a lifestyle including running. His whole family — wife Elva, daughters Kate and Rachel and sons David and Jonathan — are all involved in fitness and sport.

A major and specific task for the General Manager will be to ensure the continued success, growth and development of the club on a sound, business-like basis. Part of that business-like approach is that funds to maintain the General Manager do not come from membership funds but from various business activities and sponsorships.

And it will not mean that paid staff — the General Manager and Administrator who started last year — will reduce the need for volunteers. Bruce believes volunteers are the "life blood" of the club. He sees the professional full-time back-up as a means of easing the burden of volunteers.

"There is still a tremendous opportunity for members to help run the club and this need will continue to happen," he said.

Along with Bruce's appointment, the Board will be investigating the entire management structure of the Club.

Bruce intends SARRC to remain the leading road runners organisation in Australia, modelling development on the biggest club in the world, the New York Road Runners Club which has a membership of 25,000, a full-time staff of 34, and a total yearly budget of \$4.5 million.

"In a modest way we are already following a similar track," he said. "Our continued growth can be achieved by casting a wider

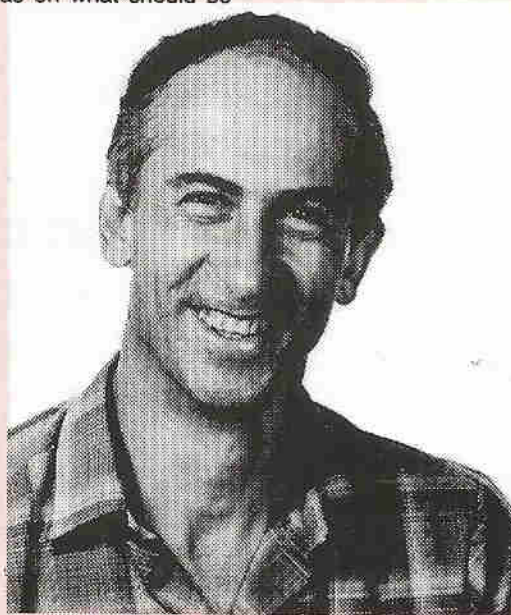
net, offering more and better services than we now do.

"I see the club as a pacesetter in the community for running and general fitness, providing incentives for healthy living. Our Start Running classes run by volunteer instructors are unique in Australia."

The Festival City Marathon is just one of the club's events — for one day of the year we have the city streets, creating a healthy and highly visible public image. Making the marathon an international event further enhances that public image, gaining recognition from top runners and as a tourist attraction."

It will be up to Bruce to get top international runners to compete in the Festival City Marathon. At the other end of the scale of runners, the finish of the marathon will be open for eight hours. "Those who prefer can enter the marathon as a walking tour of Adelaide," Bruce said. "It will be a great feeling to finish whether you run it, jog it, or walk it."

As well as being General Manager, Bruce retains his position of Marathon Race Director and will attend the next meeting of the Association of International Marathons in London in April.



BRUCE ABRAHAMS

PROGRAM

1985 MARATHON FORUMS

This year's series of Marathon Forums will feature something for everyone. A videotape or film on relevant subjects will be shown at each one; selected speakers will provide information and plenty of time will be available for questions.

Subjects which will be covered during the year include, planning, clothing, footwear, running slowly, commitment, physiology of running, food, fluid, weight injuries, pacing, speed training, stretching to exercise, motivation, winter training.

The first forum is on Wednesday, February 27, and will introduce first-time marathoners to the club, to the marathon, and to the planning of their training.

All forums will be held at the Flinders Medical Centre, Bedford Park.

Time 7.30 p.m. Signs will give directions to Lecture Theatre 3. A donation of \$1 will be collected at the door. The 40¢ increase on last year will assist us to bring interstate personalities such as Deek or Herb Elliott to be a speak guest speaker.

The forum dates are **February 27, March 27, April 24, May 29, June 26, July 31 and August 14.**

SARRC RUNS & RACES FOR 1985

A run down, January 1 to January 1 of all the runs

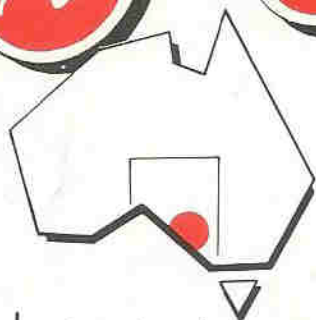
January 1	"Round the Town"	13 kilometres
January 6	Sports Lover River Run	10.2 kilometres
January 25	Thredbo Womens	5 kilometres
February 3	Sports Lover River Run	10.2 kilometres
February 10	North Haven	5/10 kilometres
March 3	Sports Lover River Run	10.2 kilometres
March 9	The Women's Fun Run.	4.5 kilometres
March 17	Adelaide Festival of Running	50/100 k "Ultra." 10 k Road, 6 x 4.4 k Relay
April 7	River Run	10.2 kilometres
May 5	Big Foot Run	10.2/16.9 kilometres
May 26	Sunday Mail Marathon Clinic Handicap*	10/20 kilometres
June 2	River Run	10.2 kilometres
June 30	Greenbelt Half Marathon* Greenbelt Fun Run	21.1 kilometres 4.5 kilometres
July 7	River Run	10.2 kilometres
July 28	Glenelg*	15/30 kilometres
AUGUST 4	River Run	10.2 kilometres
August 24	International Lunch Run	3 kilometres
August 25	Festival City Marathon* Active Spectators Run	42.2 kilometres 4.5 kilometres
September 1	River Run	10.2 kilometres
October 6	River Run	10.2 kilometres
October 20	River Run	10.2 kilometres
November 2	Adelaide Grand Prix	10 kilometre (approval pending)
November 17	River Run	10.2 kilometres
December 1	Adelaide Women's 10 kilometres*	10 kilometres
December 15	River Run	10.2 kilometres
January 1	Jubilee 150 "Round the Town"	13 kilometres

* Reduced entry fee for SARRC members.

Entry forms will be available for most runs and will be posted to SARRC members.

Run South Australia

Enjoy!



Adelaide's International **Festival City Marathon** **August 25, 1985**

SLOWIES WELCOME!

The course is completely traffic-free for sub 4 hr 15 min (6min/km) runners.

The finish line will be open for 8 hours. This means you can walk/jog or brisk walk. The course traverses the highlights of Australia's most beautiful city. Finishing is an achievement whatever your pace and the big crowd at the finish will cheer you all the way.

The finish area is ELDER PARK in the heart of Adelaide, next to the Torrens Lake and the famous Festival Centre - one of the best finish locations in the world of international marathoning.

NOTE: It is strongly recommended that all participants train adequately to complete the course in a pre-determined time. Even at a comfortable walking pace of 6km/hour (10 min/km), the finish time is 7 hours.

Organised by the South Australian Road Runners Club Inc.
G.P.O. Box 591, Adelaide, South Australia. 5001.
Telephone (08) 212 6115. Write for entry details. Entries close July 29.
In 1986, August 31, the marathon is a Major Event of
South Australia's 150th Jubilee celebrations!

Member of



Association of International Marathons

AIMS

Printed by EUREKA PRESS

2.00.15

London Marathon '85

SARRC
goes to
LONDON



Standard Chartered
GREENBELT HALF MARATHON

Don't forget to
subscribe to

RUNNERS:

JOY-DISCOVERERS OF THE BEYOND

and save on the
newsagent's price.

RUNNERS:
JOY-DISCOVERERS OF THE BEYOND



ASIA DINARDI INTERNATIONAL PUBLISHING MAGAZINE

Fill out the subscription
card and send it today
to

RUNNERS:
JOY-DISCOVERERS OF
THE BEYOND

P.O. Box 277, Unley
South Australia 5061

STOP PRESS

Dear Bruce,

It is with sadness and regret that I tender my resignation as President of the South Australian Road Runners Club effective 30th June, 1985.

I have accepted the position of Managing Director, Lactos Pty. Ltd. which is located in Burnie, Tasmania. It is an exciting and very challenging position which offers me tremendous opportunities.

My association with you and SARRC has been exciting and enjoyable, particularly during the last 12 months. I am only sorry that I will not be President for the exciting and busy 1986 programme.

It has been very rewarding and gratifying to work with the Marathon Committee and more recently with the Board. The committee members have been dedicated and hard working, each with their talents and inputs.

I extend my very best wishes for a very successful and enjoyable 1986 and beyond and thank the Club for the opportunity to be part of such a dynamic and successful organisation.

Russell Paterson

Dear Bruce,

We thought that you might be interested in seeing some of the coverage of the Pittsburg Marathon. We were stunned by the responsiveness of the crowd — 6 or 7 people deep in many places and lining the whole course. It was a really enjoyable race.

We are very happy about winning but faster times would have been nice. The conditions were bad — 72° and sunny with 33mph head winds during the latter stages of the race. The course was also reasonably hilly and no-one wanted to lead so that both the men's and women's races were very tactical.

It would be so nice to repeat the performance in Adelaide one day! We will keep it in mind.

I hope that all is going well in organizing the next Festival City Marathon. We hope to be in Australia in Sept./Oct. if I make the World Cup Team.

Take care, **Lisa Martin**

BEST WISHES
and
GOOD LUCK
to
RUSSELL,
ROBYN
and FAMILY

*The Apple Isle
gets all the luck.*

Best Wishes also to
BILL & JAN GAEBLER
and FAMILY

*former Editors of the Journal
off to Melbourne*

Sunday Mail
Marathon Clinic



7.45 a.m. every Sunday

cnr. Bundeys Rd. and Mackinnon
Pde., North Adelaide For
Beginners and Experienced
Runners

PRESIDENT'S PAGE

1985 has been and will continue to be a year of considerable growth for the Club, not only in membership, but more importantly, in events and services.

The appointment of Bruce Abrahams as our full time General Manager, plus our full time Administration Officer and part time Clerical Officer has enabled us to initiate a number of new projects plus make progress with pressing matters vital to the Clubs future. The 1986 programme has been set and a twelve month and three year Club Development Plan has been prepared for submission to the Department of Recreation and Sport.

Sponsorship arrangements have been organised with a number of companies, however, a major gold sponsorship is still to be finalised but is currently under negotiation. It is important that we secure a suitable major sponsor to enable us to achieve our objectives for 1986, in particular with respect to the marathon, a key 150th Anniversary event.

Bruce Abrahams and our office staff are coping with an enormous workload, ably assisted by a number of volunteers. We cannot survive without the volunteers who give of their time helping in the office, also organising and running events. The Board acknowledges and thanks all of our volunteers, and look forward to their continued support.

Our aim is to be the best Road Runner Club in Australia rather than the biggest. We therefore welcome comments, suggestions and constructive criticism to help us be, and stay, a worthwhile club to be a member of.

Enjoy your running.

RUSSELL PATERSON

Women and Wheelchairs — FIRST

SARRC has done it again, this time with a first in organising a staggered start for women, wheelchairs and men in two of our major events; the Standard Chartered Greenbelt Half-Marathon and the Sunday Mail Channel 7 Festival City Marathon.

Since our formation, SARRC has been a leader in innovation and promotion of running in Australia. First, as a co-ordinator of community fun run events, first with the largest club membership in Australia, first and only traffic-free marathon course to date, first to promote and adopt the A.I.M.S. lower age limit on long distance events.

SARRC has always led the way in implementing the changes needed by the popular and growing demands in running.

THIS TIME IT'S WOMEN! We have a significant female membership (33%), which present a number of considerations, which we believe will improve the participation, enjoyment and recognition of women in running.

Most of us are aware of the need to increase the publicity for women's participation in sports. Look at the recent SYDNEY TO MELBOURNE ULTRA MARATHON won by YIANNIS KOUROS, the Golden Greek. Do you know who the women's winner was? Perhaps you watched the Chicago Marathon on T.V. — not a sighting or a word of LIZA MARTIN until 100 metres from the finish.

Why start the women's division first? Apart from the obvious advantages of reduced numbers starting together, compacting the field to reduce traffic hold-ups and other logistics, the main object is to increase the level of participation of women in running. We already have the highest participation of women running any Marathon in Australia 11%; compared with Sydney and Melbourne 6%. However we are still below San Francisco 40%; Honolulu 25% and New York 20%; we believe SARRC can achieve these percentages with the right promotion in our Jubilee year 1986.

The earlier start will focus spectator and media attention on the women's division to a much higher degree. It is possible that a woman may cross the finish line first (the current world records are 14 minutes apart) — now that's NEWS! Channel 9 have picked up this story and will be broadcasting a report nationwide on the day of the Marathon.

General Manager, Bruce Abrahams made the decision for the different start times after considerable discussion with women and men runners here and interstate. "Our course is one of the few in the world that can handle a staggered start — since any major overtaking will take place on the 6 lane stretch of Anzac Highway" says Bruce.

Not everyone was (or is) in favour of the change. However after discussing the proposal with the Women's Marathon Support Group the feeling was to give it a go. Also we need to educate both runners and officials and we need a trial to iron out any bugs, the Greenbelt will be the first event to use the staggered start.

Everyone will be invited to give their comments and suggestions after the Marathon 85!



JOGGERS WORLD

96 FLINDERS STREET, CITY

223 6744

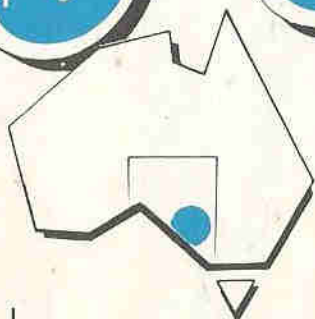
SUPER SPECIALS

adidas New York	\$100	\$59
adidas Marathon 84	\$140	\$75
Tiger Sweats	\$20	\$10
Runners Gloves (winter special)		\$1.20

Adelaide's largest range of clothing and equipment for runners.

Run South Australia

Enjoy!



Adelaide's International **Festival City Marathon** August 25, 1985

SLOWIES WELCOME!

The course is completely traffic-free for sub 4 hr 15 min (6min/km) runners.

The finish line will be open for 8 hours. This means you can walk/jog or brisk walk. The course traverses the highlights of Australia's most beautiful city. Finishing is an achievement whatever your pace and the big crowd at the finish will cheer you all the way.

The finish area is ELDER PARK in the heart of Adelaide, next to the Torrens Lake and the famous Festival Centre - one of the best finish locations in the world of international marathoning.

NOTE: It is strongly recommended that all participants train adequately to complete the course in a pre-determined time. Even at a comfortable walking pace of 6km/hour (10 min/km), the finish time is 7 hours.

Organised by the South Australian Road Runners Club Inc.
G.P.O. Box 591, Adelaide, South Australia. 5001.
Telephone (08) 212 6115. Write for entry details. Entries close July 29.
In 1986, August 31, the marathon is a Major Event of
South Australia's 150th Jubilee celebrations!

Member of



Association of International Marathons
AIMS

RECORDS ROLL

Who would have thought after Robert De Castella's fantastic run in Brisbane 1982 that we were just opening the door on the flood of exciting achievements in distance running. 1985 is no exception, with the year only half over a world record has been set for both male and female runners in the marathon. Add a few records of our own and it's easy to see why the popularity of running is still increasing.

Each year seems to be bigger and better, with crashing world records and personal achievements a continual fascination to us mere mortals.

To give some concept on just how unbelievable records have been, consider that the average Australian could have lined up on a push bike alongside Carlos Lopes (2:07:11) for the marathon and still have been beaten over the 42.2 kilometre distance. Then of course there's Yiannis Kouros, 80% of our current runners could not have kept up with him for the first 42 kilometres let alone continue on for another 918 kilometres to the finish.

We capture some of the record moments in our following pages including a few of SARRC runners in London.

World Record — Rotterdam Marathon

Carlos Lopes — 2:07:11

World Record — London Marathon

Ingrid Kristensen — 2:21:06

Winner — London Marathon

Steve Jones (Cover Photo) 2:08:15

Record — Sydney-Melbourne Ultra-Marathon

Yiannis Kouros — 5 days 5 hours 7 minutes 54 seconds

Record — Pittsburgh Marathon

Lisa Martin — Female Winner — 2:31:54

Ken Martin — Male Winner — 2:12:57

(First husband and wife record)

Record — SARRC Goes to London (for a Marathon)

The largest group ever to leave Australian shores

Record — A.A.S.A. State Marathon — 3 Time Winners

Male — Joe Petkovic, Female — Desiree Letherby

Record — City-Port (YMCA) — 6 Time Winner

Grenville Wood — 46:05

Record — The Wang Australian Marathon

Grenville Wood — 2:13:37 (first Australian winner)
qualifying time for the Commonwealth Games



Thru' the magnificent Flinders Ranges the

4th PICHI RICHI MARATHON

and Fun Run

PT. AUGUSTA TO QUORN
JULY 7th

Entry Forms:

Y.M.C.A. Road Runners Club

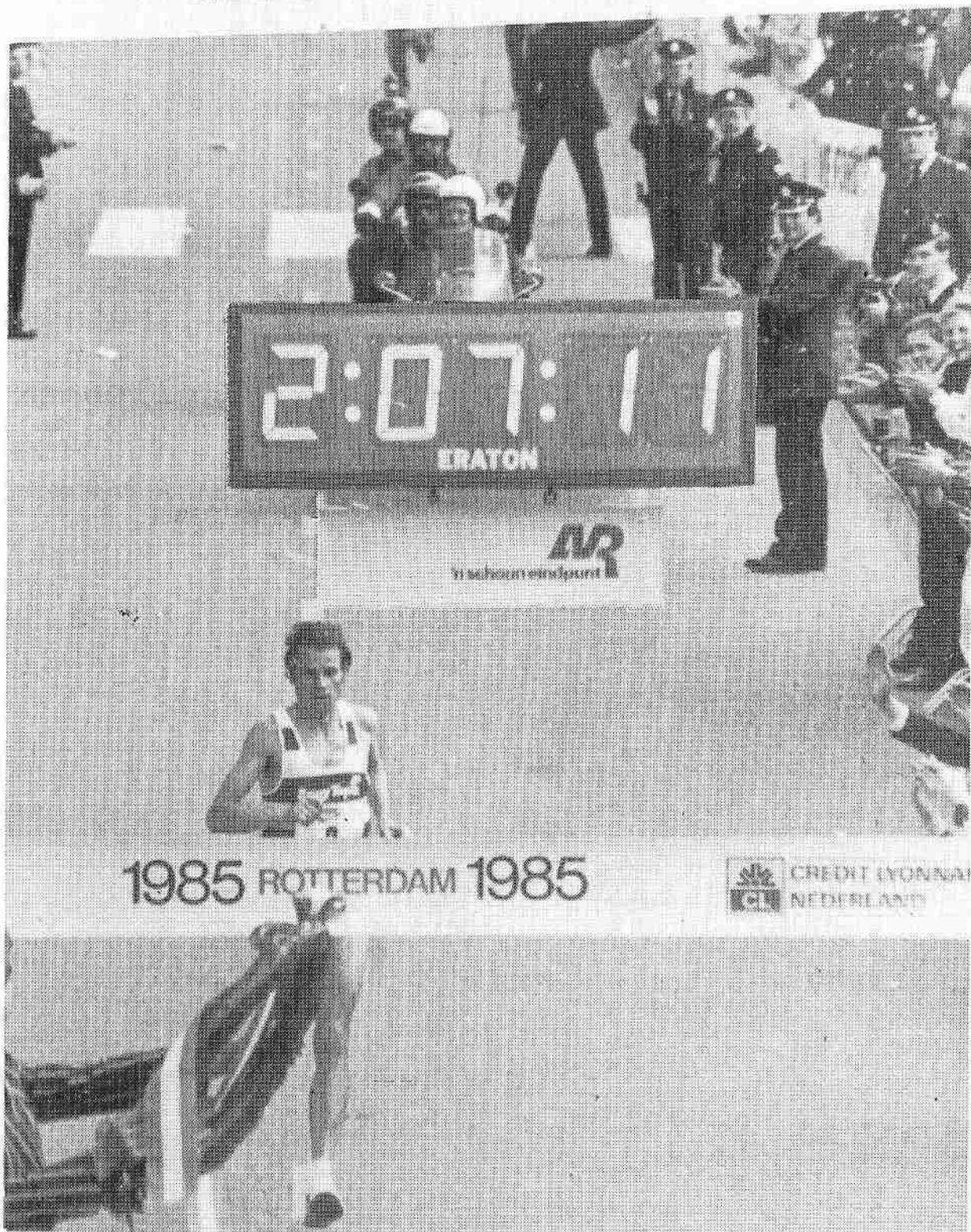
Box 432, Pt. Augusta

S.A. 5700

Uni-Gym
Athletes Foot
Joggers World

WORLD RECORD

Stad Rotterdam Marathon



1985 ROTTERDAM 1985

CREDIT LYONNAIS
NEDERLAND

CARLOS LOPES



Apologies, apologies - for not sending a copy for the Journal. Today is the first time I've had a pen in my hand! by then it was compulsory — had to send Alan a birthday card.

The Marathon was absolutely the most fantastic run in all the Universe. My T-Shirt was the most successful one there! HA HA! modesty prevents me saying more. (It had printed "SAY HI MARY" and everyone in London roared "HI MARY" (all except the Queen — she was in Windsor). I was hoarse shouting HI back. I did a P.B. for the first 13 miles (2.20) then I walked and jogged the 2nd half. Was so excited and jumping about at the finish (there are still thousands there — shouting HI MARY). I forgot to look at the clock, so don't know my exact time, about 2 hrs and 205 minutes. Rhonda jogged non-stop the whole way (fantastic) and came in about 5 min. ahead of me I think.

By air mail
Par avion



Printed in the UK for HMSO
Department of the Environment - Crown copyright

All the S.A. group finished! We all had a fantastic time in London, except when I lost all my money, the day before the Marathon! Consequently on Monday instead of writing and posting the Journal, I was in the Aussie Bank grovelling and licking boots.

Dot did a fantastic 4.31, I wish I could do it all over again!

Love HI MARY



SARRC
goes to
LONDON



I offer to be "Mr Three Hours" for the 1985 Festival City Marathon.

"Mr. Three Hours" would be designated and publicised as the 3 hour pacemaker, wearing distinctive running gear, to encourage and pace those runners aiming for a three hour Marathon.

I've been in 25 Marathons over 13 years, including the last four F.C.Ms. finishing between 2.39 and 2.55. I don't want to bust a gut trying for a PB these days but I would love to give other runners a hand toward their goals.

Hugh Dearnley
Broken Hill

Thanks Hugh I'm sure there'll be plenty of grateful runners who will be pleased to see you out there. One promotional "Mr. Three Hour" Man coming up.

I write about the 1985 Festival City Marathon, do you realise this is one week before School Holidays ... making it impossible for country people to run.

I was hoping to celebrate my 40th birthday by doing a PB in Adelaide, I will have to run to Coffin Bay by myself instead. HELP! Please do something for 86.

Congratulations to Russell Paterson on his election as President.

John Bell
Pt. Lincoln

Sorry John but we're tied to a very tight date schedule by other events in Adelaide and also other Marathons interstate. Your congratulations have been passed on to Russell.

Dear Bruce,

Thank you for organising the Thredbo Women's 5km* at National Running Week, any event in which I am a spectator is always very welcome. I think you'll have a field close to 100 next year.

Thanks to SARRC also for providing those bus services, that was very much appreciated by a lot of people.

I was the second SARRC member in the Kosciusko Classic.

Regards
Brian Lenton, SARRC *1117

Congratulations Brian - Great Run - Ed.

"Festival of Running" ...

Bruce last Sunday appealed for comments. I thought it was a great event, and the variety of events, made it a very unique Running event.

I hope this sort of event can grow in numbers and variety. My daughter's first "fun run" the "City Babe" was terrific. Aged 4 she wants to know when the next one will be.

You are considering a 150k Ultra for the next festival in December, to be linked with S.A.'s 150th birthday. Rather than a 150k Ultra, which is too long and in December too hot, what about 150k Relay.

Paul Noack, Elizabeth East

Thanks — your suggestions will help us in looking at each event — Ed.

Many thanks for laying on this varied event. Competing with my son Stephen in the 10k and relay, we were encouraged to further ventures by the sight, first hand of the Ultra-Marathon steadily circulating on the Uni-Loop.

Please re-think the relay through. Apart from getting in a bit more running it was a non-event. The last runners had to wait up to around two hours for their final run. For most of us the wait was tedious and there was not measurable final team result.

Accept this please as constructive criticism, I am sure that another event will be better again.

David Chancellor, Blackwood

I'm sure the next one will be better, because of all the helpful suggestions and letters. Thank you David — Ed.

I am writing on behalf of a group of Melbourne journalists interested in competing in the Festival City Marathon in August.

The group includes reporters from The Sun, The ABC and some commercial TV stations.

We would be grateful if you could send six entry forms to us **The Sun or to Mark Ryan.**

Mark Ryan, Reporter, The Sun

Six entries are on the way and a warm SARRC welcome awaits you in Adelaide. See you soon! — Ed.



Sunday morning training with SARRC in the parklands attracts around 500 runners each week. All paces are catered for including walkers.

The Need for More Blood Donors

The Red Cross Blood Transfusion Service has the task of maintaining supplies of blood and blood components for South Australians in need. The Service relies heavily on the generosity and goodwill of voluntary blood donors and their employees.

A steady flow of new donors is needed to replace donors who are no longer available due to illness, moving out of the district or reaching retiring age.

Anyone between the age of 18 and 60 years who weighs over 50.8 kilograms (8 stone) may become a blood donor provided he or she fulfils medical requirements which are designed to protect both the blood donor and the recipient.

The safety of blood for transfusion is protected by the screening of donor blood by extensive testing under stringent laboratory conditions.

Please note:

- There is no risk of AIDS attached to *giving* blood.
- Each blood donation is collected into an individual sterilized, single use pack.
- The needles used for the collection of blood are once only, disposable needles.
- There is no evidence of transmission of AIDS through normal social contact, such as occurs in a Blood Centre.

Dr. R. W. Beal
Director
Red Cross Blood Transfusion Service
301 Pirie Street
Adelaide, S.A. 5000

TRAFFIC FREE



In Adelaide it's obvious to the runners in the marathon, the Festival City Marathon course is **TRAFFIC FREE!**

Everyone knows runners and cars don't mix. Add to that the extra concentration required of runners in a marathon, overtaking, changes of pace and position, fatigue and the unexpected. Suddenly runner safety and TRAFFIC FREE take on a new meaning. The South Australian Road Runners Club has set the standard with runner safety and comfort. No fumes, no cars, no runners roulette with the only traffic free course in Australia.

Our thanks go to our police force, organisers and councils.

The Sunday Mail - Channel 7 Festival City Marathon August 25th, 1985

**COMMONWEALTH GAMES TRIAL EVENT 1985
COURSE FOR THE PROPOSED 1994 COMMONWEALTH GAMES
IN ADELAIDE.**



FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

SARRC Office,
Cnr. King William &
Sturt Streets,
GPO Box 591,
Adelaide. 5001
Ph: 212 6115.

NEWSLETTER No. 29

Registered by Australia Post
Publication No. SBH0729

AUGUST 1985

MARATHON. 25 days to go.

Invite your friends along to watch. Don't forget the run for spectators - lots of goodies and prizes. See enclosed entry form, SMITH & WESTON - FAMILY FUN RUN. 4.5 km.

SEPARATE STARTS IN THE MARATHON

Following a meeting after the Half Marathon and responses from our members, there are now FOUR DIVISIONS in the Marathon:

WOMEN - WHEELCHAIRS - MEN - COUPLES.

The COUPLES DIVISION is open to women who wish to run with the men's division. They "DO NOT LOSE" 15 minutes.

How to enter the COUPLES DIVISION.

1. Notifying the SARRC office before collection of race packets (Aug 19 - 24th) for allocation of a new number.
2. Women in the couples division must start at 7.15am with the men. Official time will be actual time taken by the men's clock.
3. Women in the couples Division will not be eligible for women's division awards.

SARRC KEY EVENTS: Between now and the marathon in 86, 12 SARRC activities will be nominated as KEY EVENTS; this will include a random draw for a key. At the finish of the marathon in 86, the 12 key winners will then enter a major draw, with one lucky person winning a FRONTLINE - FORD LASER CAR.

MEMBERSHIP UPDATE

Membership for 1985 closed at July 11, with the total number of members being 2746 (938 women)

MEMBERSHIP - 86 A "SPECIAL" promotion for early membership to SARRC for 1986. **Renewals and New** members, early entry prizes for the Jubilee Marathon 86, and special low prices on subscription to "Australian Runner". A leaflet will be available next week or call at SARRC OFFICE.

A KEY DRAW will be made on early entry and membership.

WATCH OUT FOR OUR WALKERS

Congratulations to our Walkers Group. Eva Quinn certainly hit on a winner when she started the walkers, I wouldn't be surprised to see this part of our club grow dramatically.

VOLUNTEERS WANTED FOR THE MARATHON.....

Lots of marshalls and aid station helpers still NEEDED.
Phone SARRC Office immediately - 212 6115.

WOMEN'S 10 km DECEMBER 1st

Volunteers are required to assist with the organisation of the Top Womens 10km road race in Australia.
Contact SARRC Office. 212-6115.

SARRC OFFICE HOURS FOR ENQUIRIES

Monday, Wednesday and Friday 12noon- 2.00pm.
1 Sturt St, Adelaide (cnr King William & Sturt) Phone 212 6115.

TOP RUNNERS COMING for 85.....

Visitors make up 20% of the field in 85 and several top men and women runners will fly in for the marathon in just over 3 weeks. In the womens division, from Hong Kong, 31st in the Olympic Marathon, Winnie Ng (2.42) will be a leading runner with winner of the Canberra Marathon, Iris Cook from Victoria (sub 2.50). Viv Woodwood (Australian Professional Athlete of the year) will contest the men's division and top runners will represent every State in Australia and New Zealand. Interest in running in Adelaide and the Festival City Marathon continues to increase and our promotions for 86 could attract over 2000 tourists.

SPECIAL DATES

AUG 14	Pat Clohessey
AUG 22	Running NEW YORK
AUG 23	CARBO Party
AUG 24	Hackney Breakfast Run
AUG 25	Family Fun Run 4.5km
	Post Race Dinner-Hackney
SEPT 1	Cleanaway Recovery Run

Don't Miss Out. Book Early! See leaflets.

SARRC TRAVEL.....

Two trips are currently being plannedinterested?
See leaflet details for NEW YORK
Big M - Melbourne

SARRC OPENS NEW OFFICE

Due to our rapid growth and the Jubilee 150 Programme, we need temporary additional space. We've been lucky to obtain an office at 99 Halifax St, City close to the Sports Administration Centre. SARRC will use the area to provide extra services to runners in 86 as the Jubilee Festival Marathon Information & Sales Centre. The first use will be for the RACE PACKET COLLECT, Aug 19 - 24th. Marathon 86 information and entry, and early entry for 86 Membership will be available at the same time.

SPECIAL MEETING MEMBERSHIP FEES

At a special meeting July 10th, 1985, the members voted in support of the recommendation for increased membership fees to maintain our present services. The new fees for 1986 will be \$15.00 per year plus \$3.00 each per additional family member. Journal subscription - country and interstate remains at \$10.00.

SARRC DEVELOPMENT.....

Planning the rest of 85 and through 86 is exciting, the club has several projects underway which will give runners in SA the opportunity to run both socially and with the elite in top events. The TAA 15/30 Run at the Bay was a huge success and will be on again next year even better, the SARRC picnic day (Oct 20) is shaping up as a beauty, two womens events have received sponsor support and our major events are going well. We have submitted a bid to host the World Wheelchair Marathon Championships in Adelaide with the FCM. A separate proposal has been sent for SARRC to host the 1986 AIMS CONGRESS. At the same time, our association with AIMS will allow overseas and local tours to be further developed and we can look forward to more great trips like London.

STOP PRESS

Congratulations and a warm welcome to our NEW PRESIDENT.....Marilyn Davis