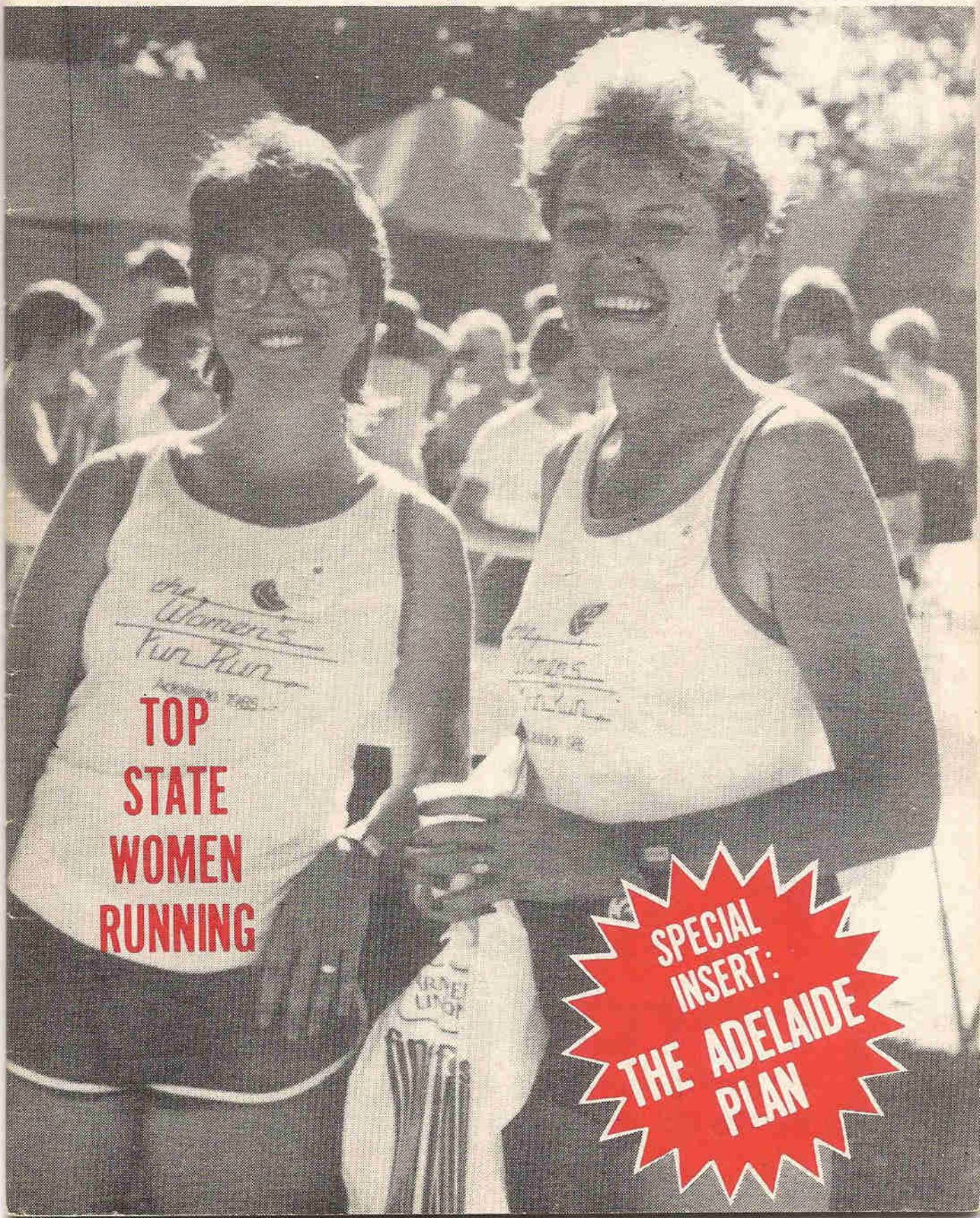


SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 14
December 1985 Registered Australian Post Publication No. SBQ1998



**TOP
STATE
WOMEN
RUNNING**

**SPECIAL
INSERT:
THE ADELAIDE
PLAN**

GENERALLY SPEAKING

Our journal, "South Australia Running" is both a Club record and a guide to interesting and useful information for members to continue enjoying their running.

The final edition for 1985 focusses on SARRC's proud record in encouraging women's running - we reckon we lead the nation.

As a special insert, we are delighted to announce "The Adelaide Plan". Written by Club member, David Newland, this is the ideal extension of the Honolulu Plan, aimed both at first time marathons and the increasing number of us who want to speed up their next marathon.

Also included are the Club's Balance Sheet and Income/Expenditure Statement presented at the AGM on November 27. It represents a 50% growth from 1984 and 2000% since our formation five years ago!


South Australia's Jubilee year will be extra special for runners. Come and celebrate the Grand Opening at Victoria Park on December 31 and make your running resolutions at the Jubilee Resolution Run on January 1.

Above all, keep running.



BRUCE ABRAHAMS

NEXT ISSUE 150
MARCH 1986
**JUBILEE
HANDBOOK**



1836 SOUTH AUSTRALIA 1986

AN EXTRA LARGE EDITION, LOOKING BACK ON THE CLUB'S HISTORY AND CONTAINING TRAINING PROGRAMMES, INTERVIEWS, A FULL YEAR WHAT'S ON, COURSE MAPS AND ESSENTIAL INFORMATION...

**THE COMPLETE GUIDE TO
.. SOUTH AUSTRALIA RUNNING ..**

Another Benefit of Membership

Editor: Stella Emberson

Assisted by the S.A. Dept. of Recreation & Sport.

Cover: Club President, Marilyn Davis (right) with Gillian Anderson at The Women's Fun Run.

SOUTH AUSTRALIA

RUNNING

A journal of the



No. 14 DEC. 85/JAN./FEB. 1986

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Registered Australia Post Publication No. SBQ 1998

1986 — A JUBILEE YEAR FOR RUNNING

by Bruce Abrahams

South Australia's Jubilee 150 will be a special year for runners and the South Australian Road Runners Club. SARRC will be concentrating our resources in four major events, all of which are endorsed by the Jubilee 150 Board.

MAJOR EVENTS

- "The adidas 10km" April 27 (Sun.)
It could be Australia's premier non-marathon road race. Deek is likely to run!
- "The Greenbelt Half Marathon" May 25 (Sun).
We expect over 2000 in our increasingly popular Greenbelt.
- "The Foodland Jubilee Festival City Marathon" August 31 (Sun.)
This is a **Major Event** of the Jubilee and will be the biggest and best people's marathon in Australia in 1986.
- "The Standard Chartered Women's 10km Classic" November 30 (Sun.)
An event dedicated to raising the profile of women's sport and increasing the participation of women in running.

OTHER EVENTS

Other events already confirmed are:—

- "Jubilee Resolution Run 10km" January 1 (Wed.)
- "The Women's Fun Run 4.5km" March 8 (Sat.)
- "Speedy Mufflers 10/25" June 29 (Sun.)
- "Gleneig 15/30" July 27 (Sun.)

There will be other low key events, as well as the regular weekly training runs.

Of course, in addition to SARRC events, these are scores of other organised races and fun runs in South Australia. SARRC will be helping many of these events with advice, loan of equipment and other resources.

SPONSORS

In November 1984 no cash sponsorships had been yet committed to the Club for 1985. In contrast, and a clear indicator of a success for 1986, in November 1985, we have already, \$91,450, cash committed in total sponsorships and grants for 1986, as well as an estimated \$96,000 in non-cash services and in-kind. This tremendous support is both a reflection on the obvious value-for-money advertising provided by our Club and its events, as well as the confidence business and governments have in SARRC delivering its promises.

Of special mention is the SA Department of Recreation and Sport which has funded us specifically because of our priority and record in increasing participation and quality of our services.

Two other "sponsors" of note are the SA Police Department and the Adelaide City Council. Without the Police, there would be no organised road races - it's as simple as that.



We welcome "Foodland" stores to major naming sponsors of the Jubilee Festival City Marathon in association with our media sponsors, The Sunday Mail, Channel 7 and 5DN. John Patten, Managing Director of Independent Grocers with the Premier at the announcement.

GOLD SPONSOR:	Foodland Stores
MEDIA SPONSORS:	The Sunday Mail, Channel 7, 5DN, The Advertiser
SILVER SPONSORS:	Standard Chartered Bank, adidas
AIRLINE:	TAA
HOTEL:	Travelodge
BRONZE SPONSORS:	Speedy Mufflers, Smith and Weston Sports Stores, Frontline Ford, Australian Chiropractors Association, Cleanaway, Canon Cameras, Woodroffe Bottlers

Assisted by the South Australian Department of Recreation and Sport

MAJOR EVENT SOUTH AUSTRALIAN JUBILEE 150

FOODLAND



Jubilee Festival City Marathon

August 31, 1986

Sunday Mail

7

Adelaide Proud

Enter before Jan. 1 and receive a Marathon '86 T-shirt. Training guides available.

Member of  Association of International Marathons

Marathon Clinic

meets 7.45 a.m. every Sunday, War Memorial Dr. (rear of zoo).

Beginners and experienced runners welcome.

5DN 972

When Adelaide Needs to Know

All finishers receive a special jubilee medallion, a jubilee certificate and a finisher's T-shirt.

ENTRY FORMS ALL FOODLAND STORES

or write to SA Road Runners Club (enclose a stamped self-addressed envelope)

SARRC



EVENT

Organised by the SOUTH AUSTRALIAN ROAD RUNNERS CLUB
GPO BOX 591
Adelaide 5001
Phone (08) 212 6115

SOUTH AUSTRALIA - TOP STATE FOR WOMEN RUNNING

by Bruce and Elva Abrahams

Australia's top women distance runners, Lisa Martin and Donna Gould are both South Australians and represent the tip of an iceberg. Women runners of all abilities in South Australia are far more numerous than in any other state of Australia.

The South Australian Road Runners Club (SARRC) is the biggest running organisation in the country and claims credit for this high proportion of women running. Typically, being both away from the east and non-affiliated with the Australian Athletic Union, the awareness of this leadership in women running is unrecognised outside SA's boundaries.

While South Australians regard the situation as natural, eastern states and the AAU are regularly deploring the low level of participation of women runners in Australia. They need look no further than Adelaide for a working model.

Women represent 34% of the 3000 membership of SARRC. The proportion is rising each year and is now greater than that of the New York Road Runners Club (33%). The Festival City Marathon has twice the proportion of women entrants (12%) than the Melbourne and Wang marathons. SARRC's long term goal is, nevertheless, 50% participation.

This has not just happened, but has been the result of deliberate strategies since the formation of SARRC in 1980. The Club grew out of the first Festival City Marathon in 1979, which attracted only 27 women entrants (4%) out of 695 or more significantly, 11 finishers (2%) out of 464; so there was a long way to go.

In 1980, all organised running clubs and events were controlled by the SA Amateur Athletic Association and its affiliated clubs, with attitudes and practices which unconsciously placed barriers of participation to both women and men. In a nutshell, runners were (and still are) treated unequally based on a hierarchy of performance which relegated women and slower runners to secondary status.

The spectacular growth of SARRC - it is now more than three times the size of the AASA - is very much due to the Club placing the needs of all runners at an equal level.

The establishment of a marathon clinic based on the Honolulu Plan in 1980 was the main factor in setting the Club's attitudes. Later, the beginning of Start Running classes encouraged anyone, no matter how unfit or slow, to commence a fitness programme based on running. In 1985 more than 400 people joined Start Running classes - over 50% being women.

The involvement of women in the management and organisation of the Club right from formation is also significant. Currently, of 10 Board members, 4 are women (including the President) and all SARRC projects and events involve women as an integral part of the organising committee.

The development of formal and informal support groups has also paved the way for new members. The Women's Marathon Support Group meets monthly and provides a forum for all women runners (not just marathoners) to discuss issues of interest and concern to women. Men are not excluded, however it is made clear that discussion topics are specifically oriented to women.

A walker's group (brisk walking, not race walking) while not restricted to women, has grown spectacularly and is an example of the Club's commitment to "slowies".

An important detail in projecting a non-sexist image is ensuring all written material, artwork, photos etc. depict both men and women equally. Compare our posters, for example, with the Melbourne Marathon's (all male).

Occasional women's only events have also proved successful. In 1985, SARRC organised "The Women's Fun Run" on March 9, attracting 625 women for a 4.5km run celebrating International Women's Day. On December 1, the first Women's 10km Classic sponsored by the new Standard Chartered Bank and the Advertiser is being planned as Australia's premier women's road race for top runners to joggers and walkers.

Not all women approve of women's only races, believing they are a form of discrimination. However, overseas experience has clearly indicated that occasional women's only events increase the participation of women in running - in particular, beginning women runners feel more comfortable in entering a women's race. As well, elite women get the rare opportunity of being the focus of spectator and media attention.

Both women's only events have been organised predominantly by women in the club, again a significant feature.

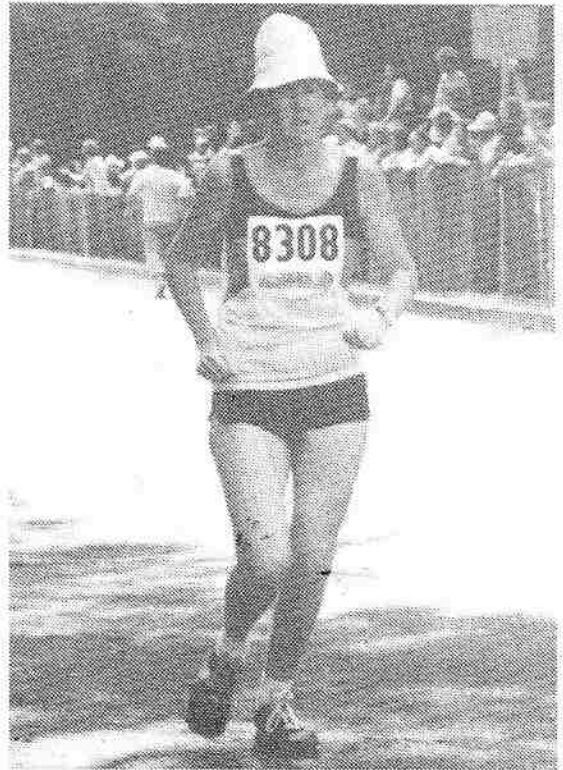
The Club is continually searching for new strategies to encourage and increase women's participation. An experiment in 1985 was a separate start in the Festival City Marathon with the women's division starting 15 minutes before the men. The purpose was 3-fold: (i) to focus media and spectator attention on the top women runners, (ii) to give the top women runners experience of racing each other rather than be paced by men, and (iii) to enable slow women runners the benefit of a traffic-free course for longer.

The issue raised a spirited debate in the four month period before the race. Many women (and men) did not like the idea initially, particularly those who trained and wished to run together. Petitions were circulated seeking a reversal to a joint start. A modification was made allowing women to choose to start with the men, provided they became ineligible for women's division awards. 25 out of 170 women took this option.

A survey after the race indicated an evenly divided reaction. Of 248 replies (17% response), 104 were in favour of the staggered start (81 men, 23 women), 87 against (65 men, 22 women) and 57 undecided (51 men and 6 women). Because of the close vote, the SARRC Board decided not to proceed with a staggered start in 1986.

However, a spin-off the extended debate of the issue in the media and within the club seems to have influenced many more women to enter the 1986 Jubilee Festival City Marathon. Currently, early entries are running at 20% women (100 out of 494 at November 13).

The involvement of women in SARRC is now well past the critical point, so that future events and projects are certain to continue the trend of encouraging women - not necessarily by specific policies of positive discrimination (although this is part of a strategy), but because the Club's culture is now firmly influenced this way. Our motto "Fitness, Fun and Friendship" is aimed at promoting running to both men and women. It seems to be succeeding.



Elva at the finish of the 1980 Honolulu Marathon.



Standard Chartered

Women's 10km CLASSIC

OPEN TO WOMEN OF ALL AGES

8.00 a.m. Sunday, 1st December, 1985

The Advertiser



SNIPPITS ● SNIPPITS ● SNIPPITS

The membership of the **Association of International Marathons (AIMS)** is now 48. 7 from Oceania (including Adelaide), 2 from Central and South America, 10 from North America, 10 from Asia and 19 from Europe. The **1986 Marathon Yearbook** sponsored by adidas lists all members - copies available early in 1986. SARRC has a copy in the office for information.

AIMS has held 5 seminars for course measurers with the objective of achieving standard practices throughout the world. The Australian seminar was held in Adelaide at the same time as the 1985 Festival City Marathon. Our own course surveyor, **Gary Nichols** (husband of Board member, Fay Nichols) was put to the test when 10 members of the seminar from around Australia remeasured our course. It was spot on! Gary is now recognised by AIMS as an official measurer and may be called on by other AIMS members to certify their courses.

We welcome two AIMS Race Directors to Adelaide. **Rod Rutherford (Christchurch)** dropped in briefly on Sunday training on November 17. Rod and family are members of SARRC - in fact, Nona Rutherford (nee Verco) is born and bred here. Rod is helping SARRC organise running tours to New Zealand. He has left brochures at the SARRC Office, "**See New Zealand on the Run**". We hope to get a tour to next year's Christchurch Marathon on June 1 (see Colin Maddock's letter).

The other visitor is **Ali Schneider**, Race Director of the **Munich Marathon**. Ali is passing through Adelaide early December on his way round an extended tour of the outback by 4 wheel drive. The Munich Marathon is scheduled for May 4. Features are a free spaghetti party with famous Munich beer in the Olympic stadium, and swimming in the Olympic Swimming Hall after the race (I wonder how many will drown!).

Closer to home, the **Alice Springs Marathon** on April 20, 1986 has a special

guest - **Halley's Comet**. It seems the date and place are the optimal for viewing the Comet. SARRC will get entry forms soon. Or, you can contact Ian Amy (089) 52 5414. Billets can be arranged.

SARRC's sixth Annual General Meeting on November 27 sees the retirement of four Board members. All four have contributed in many ways to the Club and will continue to do so in other capacities.

Ralph Broughton remains as convenor of the Training and Education Committee (Start Running Classes and Instructor training), **Barb Hanlon** developed Club gear sales to a fantastic level (any volunteers for the sale table?), **Christopher Doyle** (Secretary) who has fitted in his role with a post-graduate teaching course and new fatherhood is training "seriously" for the 86th marathon, **Clem Graves** (Treasurer) you'll see regularly at the "West Beach Panthers", both he and Janice developed to be the largest local group in Adelaide (well over 100 regulars). All members salute you!

A River Run Marathon? Some members of the Marathon organising committee looking for a change (and a rest) are interested in a possible Torrens Valley course for the 1987 Festival City Marathon. The idea of a "low key" marathon every alternate year seems to be growing. Needed are runners who regularly train along the Torrens to sketch out possible courses using all the new and to be developed pathways between Henley Beach and the Hills. Councils and Police are keen - it may even help accelerate some of the construction.

Congratulations to the Adelaide Formula Grand Prix Board for the outstanding success of the inaugural event. It's an exciting prospect to look forward to each year's events. Roadrunners (and other sports too) would love to be more involved. How about a 5km or 10km mass run **around** the course as an opener to the final day. Or a Grand Prix Festival of Sport in the 4 weeks or so build-up to the race including, say, the Greenbelt (or a 10km) starting and finishing in Victoria Park.

LETTERS ● LETTERS ● LETTERS ● LETTERS

I have set as a goal for 1986 a return to Adelaide to defend my title as the fastest American in the 1984 Festival City Marathon, and hopefully to knock an hour or so off my 4:35 finish time.

Please let David Bridges and Mike Quirk know that I have applied for the race and hope to join them in some serious carbo loading should I make it over.

John Herrilko Nashville, Tennessee.

Congratulations to the 7 graduates from Beata's and Ted's Beginner Runners Class who ran, and who **all** finished the City-Bay run. They were Liz Mackenzie (77.22), Patricia Lewis (81.20), Greg Knight (82.08), Margaret Doolan (82.09), Connie White (82.12), Ted Trojanowski (82.12), Coral Hookham (82.16) and Julie Duke (84.34), and also Fred (77), Angela (81) and Bev (82) who ran with us. A great effort by all! Anyone wishing to run in about 80 minutes next year, can meet us at the 1hr 15min marker at the starter, next year. Also well done the other classes who ran.

Ted Trojanowski.

I hope you have recovered from your post-Grand Prix depression.

Only 49 days to Xmas and 297 days to 'The Big One'.

I don't know if you are paying prize-money but either Cundy or myself will be fifty bucks richer (or poorer) at the end.

Dave has given me a 15 minute start - on paper!

Brian Lenton, Canberra (1st Entrant).

Please accept this letter as my acknowledgement of your contribution of \$5,000 towards the cost of widening the path on the northern side of the River Torrens near the City Bridge.

The co-operation extended by both our Organisations in accomplishing this task is indicative of the fine working relationship established over the years.

I trust that these improvements to the track will enable your Organisation to successfully stage many more events in the future.

**A.A. Taylor,
(Controller of Parks & Recreation).**

And thanks to the S.A. Dept of Recreation and Sport who contributed \$2500 towards our costs. The River Run and marathon courses are now considerably improved.

As you can imagine it, it is very difficult moving half-way around the world especially leaving your family and running friends. That is why I would like to thank you for including me in the awards ceremony Sunday. It was a delight to meet so many friendly runners and also to participate in the well-organised 15k/30k TAA Friendly Run in Glenelg. I was pleasantly surprised at the turn-out; and, the staff of race assistants were so professional! Everyone co-operated well, with the exception of the North Wind, who kept us all from the finish line!

My husband and I hope to participate in many more SARRC events during our stay in Australia and intend to return home with wonderful memories of "Smooth Running - Down Under", and new-found friends.

Once again thank you.

Susan Segraves.

This is the race director of the Mildura Road Runners Club writing to you to say a few thank yous and a few pleases.

Firstly thanks heaps for the plug you put in for our Half Marathon at the start of **your** Half Marathon.

Thanks also for the Half Marathon itself which I have not run before and which I thoroughly enjoyed. The distance markers were highly visible and helpful, the course and weather were both delightful and the aid stations were very appropriately positioned and staffed by friendlies all the way. The only possible criticisms were of the finish - although I've been in much bigger ballups in my time e.g. '80 Superun in Melbourne tc. - and of the filtered water which tasted like it had been filtered through a camel-driver's jockstrap. (I guess I'm just not used to it!).

Andy Edwards, Mildura, Vic.

I wish to congratulate the organisers of the 1985 Festival City Marathon. It was a great pity that the official presentations were washed out by the rain. Although everything appeared to run smoothly I feel

LETTERS ● LETTERS ● LETTERS ● LETTERS

that I must register my objection to the use of **tap water** as the only water available to drink along the way.

I would be happy to pay extra entry fees so that rain water or other good quality water can be supplied at each water station along the way.

Peter Gallasch. Loxton.

We used tap water in the marathon and filtered water in the Greenbelt. One man's meat is another

I very much enjoyed the Triple Challenge series and would like to compliment you on your expert organisation of the runs. The colour, the announcements and the finishing systems are excellent. I would like to see all runs start an hour later.

A point of major significance to me is the quality, size, design and colour of the certificates. Most runs, SARRC or otherwise, do not seem to put much thought into the certificates. I collect these and have just about wallpapered my toilet wall with them! The best ones have been the City-Port ones. I realise that expense is probably the most significant factor, but I know others, besides I, collect them.

Chris Fryer Colonel Light Gardens.

To achieve a P.B. of 1:29:17 in the Greenbelt Half Marathon I had to struggle the last 2 km or so in some discomfort with a calf injury. However on reaching the finish line I was quickly aided by a lady member of St. John after receiving first aid, I was handed over to a lady Physiotherapist who continued with the good work, to get me back on my feet to enjoy the rest of the day.

My thanks to both ladies. We runners cannot do without you.

Brian Beck.

I wish to congratulate your organisation on the well organised Festival City Marathon on August 25th. I had a super time at the Carbo Party on the Friday (food was great) and was really well looked after both during and after the Marathon on the Sunday.

There is however a couple of things that marred my enjoyment and I feel I should

inform you about them —

I do not wear a watch during training therefore not when I race either. Until now the time has always been called out at every 5km marks and I calculate my progress on that. Apart from the ½way time call, I had no idea what time I was making and the end result was I missed my estimated time by 1½ minutes - time I could have made up had I been aware.

The second point, the one I feel very strongly about is the special treatment of the women. I feel women are aiming at equality - equal conditions, recognition, awards etc. therefore the start should not have been separated.

I elected to run in the "couples" division, realising I was giving up eligibility for awards in the womens division.

Good luck for your 150th celebration marathon next year. I wish it to be very successful.

Mabel Mitchell Warnambool, Vic.

Having completed my second marathon may I say thankyou for a superbly organized event this year, especially all those happy faces at aid stations and SARRC Officials, who as usual, co-ordinated with each other to produce a happy and smoothly run (no pun intended) event.

Trevor Potter Glenelg East.

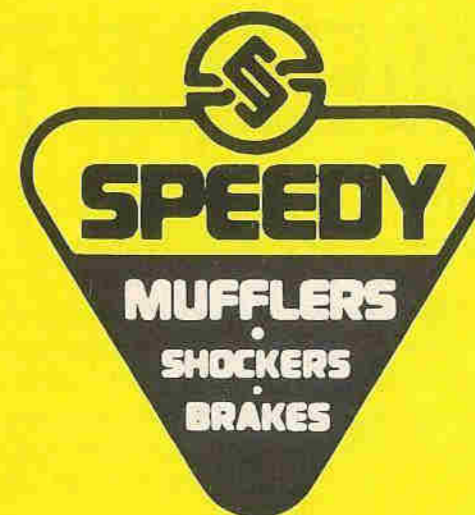
I would like to thankyou for your invitation to compete in the 1985 Festival City Marathon.

Unfortunately I suffered a bad stitch from 12-32km resulting in a run/walk situation, so couldn't take full advantage of the excellent traffic - free course and first class organisation.

As for the separate start for women, I thought it was excellent. I find it very encouraging having the focus on women equally with that of the men, especially having the limelight on the lead group, instead of having to find the women in amongst the men.

Congratulations once again on such a top event, and hope to be able to join you in your '1986 Jubilee Marathon'.

Trudy Fenton West Hobart, Tas.



TRAINING FOR THE FOODLAND FESTIVAL CITY MARATHON THE ADELAIDE PLAN

THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB

LETTERS ● LETTERS ● LETTERS ● LETTERS

Just completed my seventh Festival Marathon and would like to offer my thanks to the following 1) The South Australian Police force and the Adelaide City Council, what a pleasure it was to run a traffic free marathon. 2) The volunteers on the aid stations seemed to be the friendliest and most organized I have experienced especially the kids, what a long day it must have been for them, it must have felt like they had run a marathon themselves. 3) The course marshalls and the helpers at the end of the run, very hard working and helpful as usual. 4) The SARRC after experiencing what must surely be one of the best organized marathons in the world, makes me proud to be a member.

Looking forward to the '86 marathon will be interesting to see if it will top this years. Is it possible?

John Murfitt, North Haven.

John is one of a small number (including the Premier) who have run all Festival City Marathons. Any others please contact SARRC Office - we'd love to identify you all.

I would like to commend you and your organization for the way in which the 1985 'Festival City' Marathon was conducted.

I have run in eight marathons (five Big 'M', once in the Gold Coast and once in Honolulu, as well as Adelaide), and, though as a city of around one million you do not have the economies of scale enjoyed by Melbourne and Honolulu, I could not fault the Adelaide organization (apart from the northerly blowing from the 12km to the 24km!).

You have an advantage over Melbourne of having a 'loop' course, rather than a 'point to point' course, and, in my view, a better finishing area. Though I would defer to the opinion of the women who entered, I thought the separate women's start a very good innovation.

Trevor Westerman Newcomb, Vic.

Although, with a time in excess of five hours, one cannot say I raced. However I achieved my own "conquest of Everest".

This would not have been possible without the active encouragement of your

organization on the day. The officials, aid station helpers, marshalls etc, etc - all provided that extra sympathy and motivation necessary for me to finish.

A heartfelt thanks from one of the back enders, and congratulations on a well organised event.

See you next year!!

John Abbott Gawler East.

Congratulations to you and your wonderful committee for the magnificent organization of the recent Festival City Marathon.

I was delighted to be a part of the event and some of the activities leading up to it!

I am attaching my entry form for next years and I am spreading the word amongst my Ballarat running friends in the hope that I will be able to encourage them to compete in your 1986 Jubilee Marathon.

Brian Drennan, Ballarat, Vic.

I consider the women's early start to be great for women runners of a lesser standard, especially if there were a group of women around the same time who were content to finish together whatever the time.

However, serious runners who want to run their best whether it be 4½ hours, 3½ hours or 2½ hours need the assistance of other runners around them to achieve their goal. With a 15min - early start any male runners passing would be going too fast for a women to tag onto.

If the marathon organisers want fast times throughout (i.e. fast times indicate a fast course which is the best way to advertise the race). If you have De Castella and Grete Waitz running you **may** end up them finishing together which would be great but the chances of the first man and woman finishing together would be very unlikely.

I personally feel having led the women's race from 5kms to the finish on my own, often in a strong wind, lost me the opportunity of doing a P.B.

It was an excellent course, well organized in every way and the most enjoyable marathon in Australia I've ever run!

Iris Cook Mornington, Vic.

LETTERS ● LETTERS ● LETTERS ● LETTERS

I had the good fortune to be able to combine a business and pleasure trip to New Zealand climaxing with the running of the Christchurch Marathon on Sunday June 2nd.

Running of the Christchurch Marathon for me was a most memorable experience. The course offers variety, is very flat, and attracts many spectators along the way. (The total height gain from start to 21km turn point is 16.6 metres). The finish for every runner is electrifying. My name and State of origin was publically announced as I exited from the tunnel and entered the straight in the Stadium. Thousands of spectators cheered me over the last 200 metres of punishment to a new PB of 3:02:38 (4 minutes better than my previous best).

I cannot speak highly enough of the warm hospitality extended to me by Christchurch race participants and organisers. In particular the race director, Rod Rutherford worked tirelessly, yet constantly glowed of enthusiasm and was ever ready to look after overseas visitors.

The 1986 Christchurch Marathon is scheduled for the weekend May 31st and June 1st.

Colin Maddocks

Anyone interested in a tour of the Christchurch Marathon in 1986, contact SARRC Office.

Congratulations on yet another splendid Marathon. After hearing of the storm's contribution to your presentation ceremony, I no longer regret being unable to attend!

Here's to next year's Marathon.

Rose Crowley Senator for South Australia.

As one who wrote to you over the disruption to the movement of members of the public caused by the 1984 Marathon, I now write again to congratulate your Club on the improvements made for 1985.

You may have been aware of aspects of the race which were not totally to your liking, but from my casual observations it allowed people much more freedom of movement in North Adelaide and across the King William Road bridge than was possible last year.

In 1984 we were compelled to transfer our usual morning service to the afternoon, but attendances were considerably less. This year our Sunday programme was able to proceed without interruption, and no one was prevented from church attendance.

Thank you for the consideration you have shown to us and other members of the public. Good wishes for future marathons in Adelaide.

Rev. Graeme Pitt, Minister North Adelaide Baptist Church.

To all my friends and members of the South Australian Roadrunners Club, my heartiest congratulations to you all on the completion of the 1985 Festival City Marathon. May all of you have recorded personal bests. Unfortunately I could not be there this year, but my thoughts were with you all on the day.

South Australians are fortunate in having such a marvellous running club; really it is quite unique, there is nothing like it here in Canada. It would be hard to forget those frosty Sunday morning training runs, and the warmth and camaraderie of standing around the urns sharing hot coffee with fellow runners. It truly made training for the 1984 marathon memorable, and a lot of fun to be part of.

We do however have some wonderful marathons here in Canada: the National Capital Marathon here in Ottawa is one of the friendliest, best organized, marathons to be found, not to mention the great marathons across the border in the U.S.A. If any of the South Australian Roadrunners find themselves on this side of the world please don't hesitate to get in touch. Aussies are always welcome.

Sandra Krantis Ottawa, Ontario.

I have heard that the SARRC are the organizers of the 1986 Jubilee Marathon to be held on August 31st 1986, and I have a group of people here in Sweden who are interested to run in this event. Our intention is to travel to Australia at about this time to run in this event, and then to tour in South Australia, and then wider in Australia.

We anticipate taking the principle places in this event, and offer our condolences even at this early stage.

Patrick Bagot, Sweden.

1985 — A WATERSHED

SARRC reached a watershed in 1985. Our fifth year since formation marked our transition from a purely voluntary organisation. The Club's size and diversity of services has now grown to require paid administration and management working in conjunction with volunteers. Both groups are essential and inter-dependent.

In financial terms, SARRC is 20 times the size of four years ago. In 1985, our turnover was \$190,000 (excluding SARRC Travel which was over \$120,000. We did sustain a (relatively) small loss of \$7034 due to the lateness in the year (March) when first cash sponsorships were obtained. As well, we did not obtain a major (cash) sponsor for the 1985 Festival City Marathon.

Projections for 1986 are excellent. All major cash sponsorships are committed,

with a consequence, the 1985 deficit should be erased. The Club's current assets of \$21,000 are expected to increase. These are our reserves allocated to "Club Development" - possible future Clubrooms and facilities, an exciting prospect!

Club Treasurer, Clem Graves is retiring at the AGM on November 27. Clem has given a considerable amount of his voluntary skilled time to the Club, developing on his own computer, a monthly accounting and reporting system which has enabled the Board and management to closely monitor the Club's financial status.

On behalf of the Board and the Club members, I would like to express sincere appreciation to Clem for his service.

Bruce Abrahams
General Manager

1984/85 FINANCE REPORT

SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC.
BALANCE SHEET AS AT 30TH SEPTEMBER, 1985

	1984		1985	
Fixed Assets				
Plant & Equipment (at cost)	\$4,327.14		\$5,352.14	
Less Accumulated Depreciation (note 3)	<u>1,730.14</u>		<u>2,597.14</u>	
		2,597.00		2,755.00
Current Assets				
Cash at Bank	6,857.18		36,469.46	
Petty Cash & Cash on Hand	100.00		363.00	
Stock on Hand (posters etc)	-		1,670.60	
Debtors & Prepayments	<u>5,368.46</u>	12,325.64	<u>14,606.48</u>	53,109.54
Investments				
Cash at Bank - Club Development	13,903.22		5,968.69	
Stock on Hand - Club Development (Sales)	<u>4,327.41</u>	18,230.63	<u>3,300.00</u>	9,268.69
Total Assets		\$33,153.27		\$65,133.23
Less Current Liabilities				
Trade Creditors	3,794.49		32,268.45	
1986 Fees & Income Received in Advance (Note 1)	<u>693.00</u>	4,477.49	<u>11,222.90</u>	43,491.35
Excess of Assets over Liabilities		<u>\$28,675.78</u>		<u>\$21,641.88</u>

AUDITORS REPORT

These Statements comprising the Balance Sheet and Profit and Loss Account of the South Australian Road Runners Club Inc. for the Year ended 30th September 1985 are in Agreement with the records of the Club.

C.R. MILLER
HON. AUDITOR

Festival City Marathon

ADELAIDE, AUGUST 25, 1985

Tasmanian Viv Woodward led home 1214 other runners to win the 1985 Festival City Marathon.

Woodward, 30, clocked a useful 2 hours 21 minutes 36 seconds as he finished more than 3 minutes ahead of his nearest opposition. There was a faster finisher, however, and that was wheelchair entrant Robert Turner, who passed Woodward at around 38km and finished in 2hrs 13min 23sec.

In the women's section Victorian Iris Cook beat the favourite, Winnie Ng of Hong Kong, recording 2:52.49 to the Hong Kong girl's 2:57.40. Ng had suffered a stomach upset during the race and this probably affected her performance, but Cook looked good in

her 14th marathon to date.

Entrants were slightly down on previous years, but organisers say they believe many were planning their big effort for next year, the Festival State's Jubilee, when the marathon could see as many as 4000 or more runners taking part.

The Festival City paints itself as Australia's friendliest marathon, and so it seemed to be once more this year—and why not, with the State boasting Australia's biggest running organisation, the SA Road Runners Club, led by general manager Bruce Abrahams, to whom much of the credit for this successful event must go, along with his team of many helpers.

RESULTS

V. Woodward (T) 2.21.36; C. Hicks (W) 2.24.45; S. Gee (W) 2.26.52; G. Davie (S) 2.28.49; E. Sigmont (V) 2.29.11; P. Hooper (S) 2.31.43; B. Ryder (V) 2.32.54; P. Russell (S) 2.32.54; I. Hill (S) 2.33.43; P. Quigley (S) 2.34.33 . . . 50—J. Bannon 2.51.24. Female—I. Cook (V) 2.52.49; W. Ng (Hong Kong) 2.57.40; J. Edmiston (S) 2.58.43. Male 18-19—E. Melky 2.51.17. 20-34—V. Woodward 2.21.36. 35-39—E. Sigmont 2.29.11. 40-44—B. Ryder 2.32.54. 45-49—T. Berry 2.48.17. 50-54—F. Rogers 2.57.25. 55-59—A. Semple 2.57.16. 60-64—B. Caudle 3.28.45. 65-69—H. Snelgar 4.14.25. 70+—C. Skehan 3.58.45. Female 18-19—K. Edwards 3.54.35. 20-34—W. Ng 2.57.40. 35-39—I. Cook 2.52.49. 40-44—B. Lamprecht 3.13.06. 45-49—M. Ellis-Smith 3.09.05. 50-54—S. Simpson 3.31.10. 55-59—O. Butler 4.14.18. 60+—D. Cock 4.51.59.



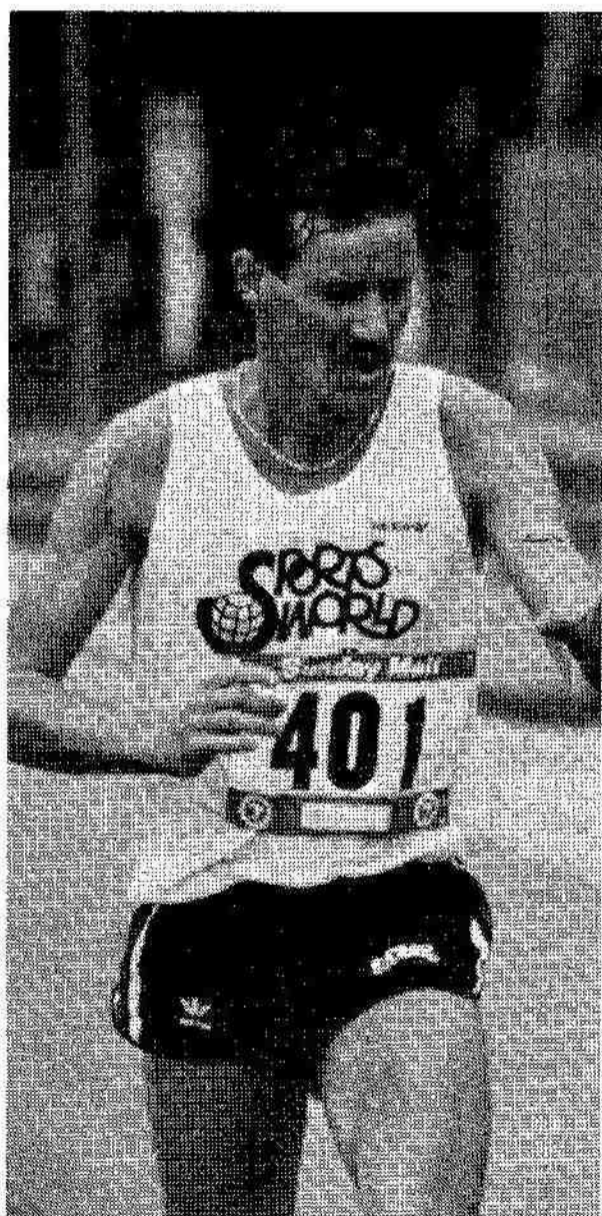
SA-Festival City

The seventh Festival City Marathon attracted a headline-grabbing assortment of top runners, with professional ace, Viv Woodward (Tas) and Olympian Winnie Ng (Hong Kong) acknowledged as prerace favourites.

Woodward, 30 from Devonport, had a point to prove in an event which the national amateur body had nominated as a Commonwealth Games Trial.

Woodward believes, as do many others in athletics, that so-called "pros" should be able to run with the higher paid "amateurs" and to be able to represent their country at major Games.

With a couple of 2hr.15min. marathons behind him, Woodward was favoured over 1984 runner-up Allan Sinclair (NZ), 1983 winner Paul O'Hare (Vic) and local improver Ian Hill.



Viv Woodward

The waif-like Ng, whose pb was six minutes better than any other entrants, proved instantly popular among the sponsoring SA Road Runner Club's members.

Ng, pronounced "Mm-m-m", was tipped ahead of another mother, Iris Cook (Vic) whose comeback exploits in the Osaka and Nike Marathons have seen her shed any "Mrs. Tony Cook" image she may have had as a result of her marriage to the famous Australian Olympic marathoner

The local "dark horse" tip for a medal was Jane Edmiston whose half-marathon and

30km form earlier had been excellent.

There were some worried faces on race morning as the wind alternated between zero and significant and the temperature rose to a warmth that was comfortable for spectators.

The 150-odd women runners received their 15 minute head start without any threatened incidents and amid cheers of encouragement from an estimated 4000 spectators.

Ng only just made it to the start after TV interviews and spent the first 50 metres wrestling with her errant headband.

Assisted by a tailwind, Ng, Cook, Edmiston, Pat Sedman and Jo March reached the Glenelg turnaround on 2:40 pace.

Meanwhile more than 1100 men together with around 20 women who preferred to run with them (the "Couples" Division), were hot in pursuit with two wheelchair athletes a further seven minutes behind again.

A lead pack of 8-9 men stayed together for 4km with Woodward, Sinclair, Hill, Clive Hicks (WA) and Stuart Gee (WA), Bernie Kelly (Vic), O'Hare and Sigmont (ex-Oregon) prominent.

However, along Anzac Highway, Woodward simply blew his opposition away and at the 10km turnaround, his predicted sub 2:14 looked a real possibility.

Behind him, favoured runners ran into trouble with Sinclair (calf injury) and O'Hare destined to drop out.

From 10 km to 25km, the runners faced a stiffening breeze and it was doing this stretch that Woodward decided to forego a decent time and opt for a comfortable victory.

He caught the leading women, Cook, Ng and Edmiston, at 18km and from then on had only Robert Turner, the wheelchair champion, to exchange the lead with.

Woodward's halfway time was a still-good 69 minutes, while the women's race was developing into a three way thriller.

Cook's strength into the headwind prevailed and up the Barton Tce. hill she broke the stomach-upset Ng.

At 27 km the order was Cook, Ng, Edmiston, Sedman, an impressive Jo March, state rep Wendy Hendricks, Tracy McGowan (ACT), Trudy Fenton (Tas), Margaret Ellis-Smith (Vic) and local veteran Bruni Lamprecht.

Woodward led the men through by half a mile with Hicks, Gee and Sigmont (together), Hill, Brian Johnson (Vic) and Peter Hooper together, Paul Russell, Glen Davie, John Quigley, Greg Coulter and Russell Fox-Brodie (Vic) following in that order.

Despite puncturing a front wheel on glass near Victoria Park Racecourse, Turner finally got away from Woodward at 38km to take line honours.

Woodward ran home first to a loud ovation and immediately pronounced the wind worth about five minutes to his time of 2:21:36.

WA's Hicks and Gee consolidated their position well but the real comethrough run was SA's Glen Davie

The steadily-improving high school teacher passed five runners in the last 10km to arrive as a real force on the SA scene.

Sigmont and Hooper held their form together well but Hill, Johnson and Giles all had late race troubles.

In the womens division, Cook became more dominant by the kilometre to win by almost five minutes from struggling Ng.

Edmiston's debut 2:58 stamps her SA's most outstanding marathon prospect for five years while Hendricks survived with a reasonable 3:03.

Sedman and March fell into various "holes", performed well enough to indicate their sub 3hr potential.

The staggered start appeared a great success, with the wheelchair record attempt also adding to the start atmosphere and providing spectators along the way with the opportunity to see all leaders from the three divisions within a few minutes.

The excitement of the finish was heightened by the division winners easily identified all



L to R Peter Hooper (SA) Eric Sigmont (Vic) Stuart Gee (WA) Brian Johnson (Vic)

clearly separated ahead of the field instead of the women being lost mid-pack in the field of men.

How did the top women assess the 15min staggered start? Well, they certainly approved the focus of media and spectator attention, but it did affect their times. Unaided by men as pacers and windbreaks, the leading women felt their times did suffer. This was highlighted by Victorian, Mabel Mitchell who started with the men (in the "Couple's Division") and ran a 2.54.28, producing a better time than Ng.

However, the main beneficiaries of the staggered start were the women finishers slower than 4hrs - the cut-off time for the traffic-free course (men), achieved by 75% of men finishers.

Only one third of the women finishers broke 4hrs, but with the advantage of the 15min earlier start, 50% of women ran traffic-free all the way, and the rest (even walkers) ran traffic-free some of the way until the 4hr rear courtesy car caught up.

Even in adverse conditions of the strong wind, only about four or five finishers were carried away this year indicating that marathoners are now becoming more sensible or educated in their ambitions.

The only ones who went through "Hell" were those few souls who remained on the course when the storm hit at about the six hour mark - that'll teach 'em not to walk!

By Brian Chapman

Member number one regularly receives his club journal, enters club races and joins in the other activities of the South Australian Road Runners Club. He dutifully pays his membership fee and is never singled out for special attention. In his age group he is one of the most competitive in the club's annual Festival City Marathon.

John Bannon, Premier of South Australia, is a long time member and supporter of Australia's largest running club.

But his high profile in public life is something Bannon wishes to play down when it comes to one of his favourite pastimes. As an articulate and confident speaker he is often called on to assist at club presentations and often as not has to stay around to receive an award for his own performance.

This year he ran the club's two major event - the Standard Chartered Greenbelt Half Marathon and the marathon. He recorded 1:21 for the Greenbelt and 2:51:24 for the Festival City Marathon.

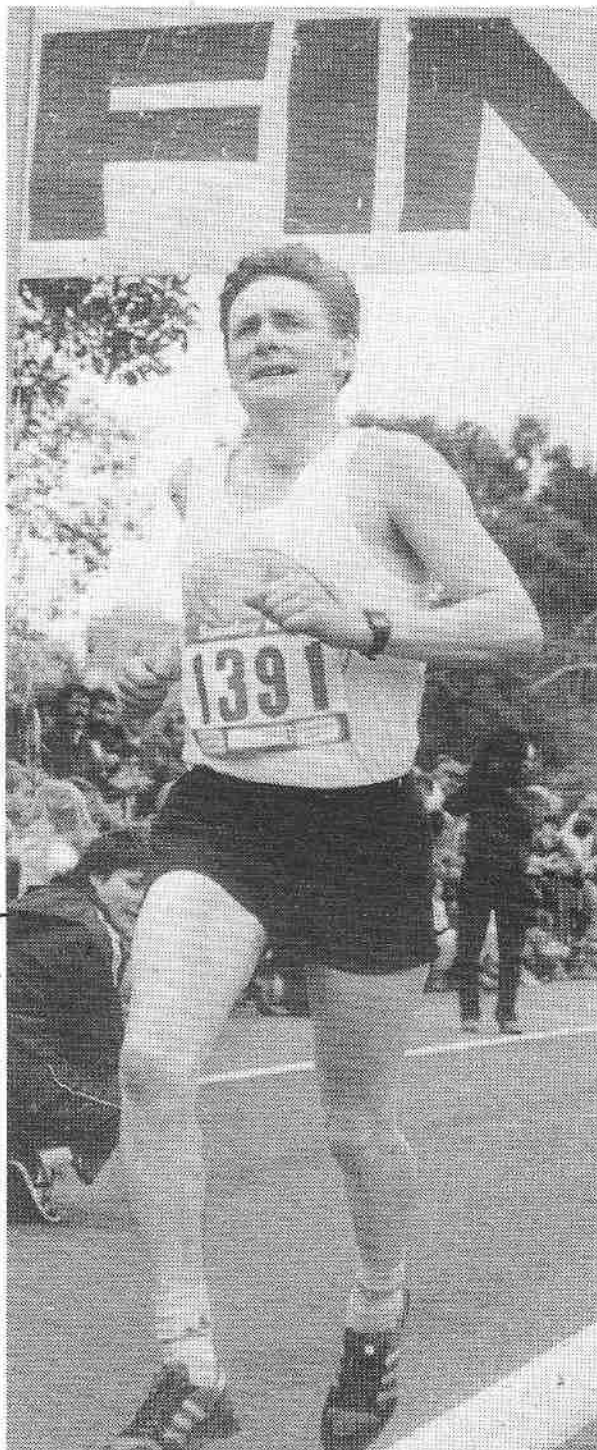
After the Greenbelt he spoke to Terry O'Halloran about his own running and its importance to him.

AR: *What ambitions do you have in running now?*

JB: I don't believe I have done my fastest marathon time yet. It was 2:44 last year. I've worked it down in five minute blocks. I would love to get under 2:40 - that's my speed ambition if you like. Apart from that I really don't have any great ambitions. The London Marathon was the first big organised event I've ever run in overseas - that was a terrific experience, that wetted my appetite to try Boston and New York.

AR: *What about ambitions in other events - you really like or prefer the marathon?*

JB: I prefer the marathon but I recognise that one or two a year is the absolute maximum I can handle. I enjoy cross-country events. I haven't done much this season - but in previous years I certainly have been in all the inter-club events. I do a bit of track running, I haven't for a couple of



State Premier, John Bannon finishing the Festival City Marathon in 2:47:19

years.

AR: *You ran the mile when you were younger?*

JB: As a school boy I ran a mile and so on, I specialised in those sort of distances but they are a bit short for me now - my stride's too short. If I could improve my stride, work on the mechanics a bit I think I could reduce my times. It's all a matter of how much time you can put in.

AR: *How do you fit in training with a job like yours?*

JB: I have found it increasingly hard but I'm sort of caught by my own rhetoric in a way - I've always told people that when they say that haven't got time - we're making excuses. You've got time for anything you want to do providing its important enough. I must admit, particularly in the past year or two since I've been Premier, it's really literally had to be fitted in where it can be. I've lost any type of system.

AR: *There's no kind of system or anything.*

JB: Not really. When I first got back into running and joined the jogging movement which was over 10 years ago now, I would do training in the evenings. Now that's practically out.

AR: *Were you in Parliament then?*

JB: No I wasn't. I took it up actually, first, when I was working in Canberra but commuting to Adelaide - going across each week and I found that because of hours I was putting into travel, I was not performing efficiently so I took up jogging and I found it made quite a difference.

AR: *Had you been a track runner?*

JB: I'd been a track runner at school and really, like many people, dropped out of that. I played a bit of squash but the only active sport I played regularly was cricket which doesn't exactly develop aerobic fitness - although if you've got it you obviously play better. I've had to force myself to be a morning runner and my usual routine is to start the day with a run about six o'clock in the morning - it gets a bit hard in winter - and it's very hard if you've been at a function or if you've been up late the night before.

AR: *How many days a week do you train?*

JB: I'd get in five to six days a week. I'd do a run of some sort. There's one or two rest days as I call them but they are virtually enforced. The key to me being still able to run in marathons and half marathons is that I do one good long run a week - it's always a morning, Sunday morning usually - an hour and a half, to two hours.

AR: *You don't do a lot of miles do you, from what I've heard?*

JB: No I've been keeping a running diary consistently since I've been running because it's a good way of monitoring your progress - I run over much the same routes, take times and I've slowed down, that's inevitable.

In mileage I would probably average, leading up to a marathon, no more than about 30 miles or so a week, which

includes the long run. If I do 60-80 kms I reckon that's peak training. I've got a theory about this — I've seen many good runners come and go through what I believe is just errant over-training. It's amazing how the body responds to a bit of rest.

AR: *Do you think it's always good to be in that virtual rest state. Thirty miles a week — you're not actually doing a great deal are you. Ideally what would you like to do?*

JB: Ideally, I would like to double that, and if I doubled it I think it would mean for instance, I would be much fresher at the end of events than I am. I would be quite a bit faster I would think. Even that is not pushing it up to the sort of levels that a lot of people train at. As I say I think that a number of people are under-performing because they are over-training and it also makes them susceptible to injury.

Touch wood, I haven't had a bad injury for some years. The last time I had one was when I was pushing the mileage right up beyond what I would now regard as a tolerable limit.

AR: *The work in fact is not the sort of limit you want to put on it, but it doesn't let you over-train.*

JB: It's making a virtue out of necessity. I suspect that if I did not have these pressures of time I would have been like all the others and been running twice a day and covering many more miles. Out of that necessity and just not having enough time, I think I've actually discovered a training method that can adequately prepare you for a marathon and can turn in a good time.

AR: *What sort of priority do you put on the running in terms of everything else you've got to do?*

JB: Pretty high. I mean it is a really big effort to roll out of bed at six in the morning, every morning and get on the track particularly in the winter.

AR: *Do you do it on your own?*

JB: Yes I do because I can't ever predict what time I would be available. The Sunday run I do in a group, but that's the only group running I do. Now that means that I obviously see some value in it, some priority for it and like many runners I have had the same experience that if you let it go for two to three days you find your performance drops markedly.

AR: *Do you think you become edgy if you don't run?*

JB: You become edgy, you become tired more quickly, your decision-making gets effected — that's the advantage of running in the morning. I find I can get up, go for a run, and I usually take press calls about 7am. So you've got to be up with the news of the day and be ready to respond.

AR: *In your work and the people you deal with, do you find that some of them tend to trivialise your running and don't take it as seriously as you do?*

JB: I suppose so and that's understood. I don't think my staff, for instance, my appointment secretary and others who organise my timetable, under-rate it. In fact

they go to great lengths to fit in times for me to run and that's because they recognise (I've convinced them I think) that it's a good thing for me to do.

They see the effect if I don't run. In the broader public it's just seen as a slightly eccentric recreation, but as all runners will testify it goes well beyond that. I'm not suggesting that running is the only way to get yourself fit, it just wouldn't suit a lot of people.

AR: *If Bob Hawke is the watcher of a lot of sports — what are you — the doer?*

JB: Bob's a cricketer — you've got to watch those rising balls of course. I find actually a lot of my colleagues at all levels of parliamentary life are now embarking on some sort of fitness program — whether it be walking or whatever, you'll find that most of them have got something. I guess I carry it to a greater extreme if you like. I don't like doing things just for the hell of it — I enjoy the competition, I enjoy monitoring performance and that's why I take part in fun runs. I'm a member of a club and run in the inter-club contests in the winter as well for that reason.

AR: *You seem as if you are very competitive even in running — it's more than just a recreation to you isn't it?*

JB: I like the competition side. It's stimulating. The reason I, in fact, joined the club was after a few years of just jogging, fun running, I found it was getting a bit boring, I needed that competitive edge and it did make a difference. For the last six years — I've been running club athletics and enjoying it.

AR: *A lot of people have even gone on to other things you're quite happy to stay with the running?*

JB: I'm quite happy to stay with the running. There's ultras and triathlons and things like that — I've been tempted to try them, but at the moment running is satisfying me. I do think one of the problems is that after you get to a certain stage you get a sense of well-being and so on, you tend to take it for granted and that's when people give up their activities — they get a bit bored with them. At that stage you should either reorganize your program or do something different — but I haven't reached that stage — I enjoy it thoroughly.

AR: *Looking at it you seem to have come from the old school of running — you haven't caught up on things like the fashion of running. For instance, your shorts, are they a trademark now?*

JB: I keep being presented with these slick, silk shorts — I've got a couple at home. I've got my old black baggy shorts — I suppose it's a bit of disgrace really but there are enough chic runners around for me not to have to be one.

AR: *To get someone like Standard Chartered involved in this sort of thing you must be very pleased to see them come into something like this?*

JB: Yes. It makes sponsorship. It makes a difference in terms of the level of organisation, how much are charges and entry fees.

I think the whole concept of mass participation in these runs is a terrific one — it has interests from community health and everything else — it's got to be accessible so you don't want vast entry fees in supporting it and sponsors can provide prizes, attraction and administrative payments.

AR: *I have to admit it — South Australia has obviously got the best conditions for running in terms of the ordinary runner and the police and everything. Have you had much to do with that?*

JB: I guess the fact that I've been involved in it has helped focus some public attention on it, but that hasn't really been necessary. I mean as Premier I haven't been involved in asking the police to do this or that, — that's all organised by the Road Runners Club — they get that co-operation because it's a natural thing here and as you say, it's very marked. The number of women we get in our clubs, the proportion is another good indication of the approach the clubs have taken to encourage mass participation and see it as a community event.

AR: *It's a funny thing, I've often said this to Bruce Abrahams, that there is a great public participation but it has yet to produce a top class runner out of it. It's ironic that it hasn't, but I suppose you're getting people later in life — you're only picking up on people in their late 20's through to their 40's.*

JB: Most of the top class runners that have done well in the junior ranks have moved on, not all of them. Desiree Letherby is a good example of someone who came to running late through fun running and who knows what she would have done if she had started 10 years earlier. You're right. I don't think that the mass fun runs are going to produce the world champions necessarily, because a lot of people are taking them up after they would have seen their normal sporting careers finished.

AR: *Do you ever get criticised for your involvement in running — that you might have unduly influenced something — there is currently ill feeling between the Road Runners Club and the State Athletic Association.*

JB: I've deliberately not got involved in athletic politics. There have been strange intentions, but I've not been involved in that and I don't think I should. If I ever retire from this sort of politics I probably would be interested in being involved because I think it's an important movement. I would like to see elements of running and all associations working together.

AR: *You are obviously a well recognised figure — how do you feel being recognised all the time?*

JB: It doesn't worry me — I would like to stress and I think people respect, that I'm not in it as a political activity, but because I enjoy it and I'm there as an ordinary participant. That's apparent when I go to the ordinary club meetings and the regular Sunday runs — I'm just one of the crowd — and that's how I want it to be.

Western Australia

Royal Life Half Marathon, Perth, Sunday 16 June, 800 starters, 679 finishers.

Men: 1. Steve Moneghetti 1:04:32, 2. Ray Boyd 1:05:48, 3. Shane Marshall 1:06:08, 4. Clive Hicks 1:07:05, 5. John Hambleton 1:08:00, 6. Bruce Petts 1:08:37, 7. Mike Bonner 1:09:11, 8. Stewart Gee 1:09:44, 9. Mark Altus 1:10:39, 10. John Woolrych 1:11:09, 11. Hank Stoffers 1:11:12, 12. Ian Stewart 1:11:17, 13. Neil Douglas 1:11:33, 14. John Hanczakowski, 1:12:28, 15. Richard Bromley 1:12:41, 16. Bill Jones 1:12:43, 17. Brian Power 1:13:07, 18. Barry Heppell 1:13:46, 19. Chris McGonnell 1:14:10, 20. David Morley 1:14:22.

Women: 1. Gail Rear 1:15:50, 2. Carol Pickhard 1:25:22, 3. Suzanne Narbey 1:25:49, 4. Marie Vanuden 1:26:44, 5. Maree Goulden 1:28:06, 6. Joanne Collins 1:28:38.

Broadlands' Peoples Marathon, Perth, Sunday 4 August, 710 starters, 573 finishers.

Men: 1. Derek Froude (NZ) 2:16:49, 2. Jose Revijn (Bel) 2:16:56, 3. Victor Mudhewe (Zimb)

2:17:24, 4. Julien Grimon (Bel) 2:17:46, 5. Lawrie Spence (Scot) 2:19:11, 6. Alan Thurlow (WA) 2:19:53, 7. Garry Hand (ACT) 2:20:15, 8. Trevor Wright (NZ) 2:21:42, 9. David Eltringham (WA) 2:23:06, 10. John Hambleton (WA) 2:23:20, 11. Barry McKerrow (V) 2:23:58, 12. Kievith Marcel (Qld.) 2:25:15, 13. Ian Cornthwaite (V) 2:25:55, 14. Ian Stewart (WA) 2:26:00, 15. Peter Ritson (WA) 2:26:03, 16. Paul James 2:26:15, 17. John Woolrych (WA) 2:27:39, 18. Martin Asmussen (WA) 2:28:27, 19. Ian Graves (NSW) 2:31:01, 20. Frank Smith (WA) 2:31:58, 21. Chris McGonnell (WA) 2:32:18, 22. John Cresp (WA) 2:36:08, 23. Chris Benn (WA) 2:36:44, 24. Ross Parker (WA) 2:37:26, 25. Jeff Desmond (SA) 2:37:39.

Women: 1. Denise Verhaert (Bel) 2:42:13, 2. Leslie Watson (Eng) 2:46:53, 3. Rosemary Wright (NZ) 2:47:24, 4. Dot Browne (V) 2:50:24, 5. Nadine Claes (Bel) 2:52:42.

South Australia

Festival City Marathon Sunday 25 August, warm and windy conditions.

Men: 1. Vivian Woodward (Tas.) 2:21:36, 2. Clive Hicks (WA) 2:24:45, 3. Stuart Gee (WA) 2:26:52, 4. Glen Davie (SA) 2:28:49, 5. Eric Sigmont (V) 2:29:11, 6. Peter Hooper (SA) 2:31:43, 7. Barry Ryder (V) 2:32:37, 8. Paul Russell (SA) 2:32:54, 9. Ian Hill (SA) 2:33:47, 10. Peter Quigley (SA) 2:34:33.

Women: 1. Iris Cook (V) 2:52:49, 2. Winnie Ng (Hong Kong) 2:57:40, 3. Jane Edmiston (SA) 2:58:43, 4. Wendy Hendricks (SA) 3:03:55, 5. Tracy McGowan (ACT) 3:05:00, 6. Trudy Fenton (Tas) 3:06:54, 7. Pat Sedman (NT) 3:08:56, 8. Margaret Smith (V) 3:09:05, 9. Bruni Lamprecht (SA) 3:13:04, 10. Beryl Wilson (SA) 3:15:34.

Wheelchair: 1. Robert Turner (SA) 2:13:23, 2. Michael McIntyre (SA) 2:24:32.

Queensland

Blair Athol to Clermont Road Run 22.5km, Sunday 18 August.

Men: Greg Rolfe 1:29:40.

Women: Sharyn Quinlivan 1:42:37.

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SATURDAY, 12 OCTOBER 9AM-9PM
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