



*South Australia Jubilee 150
Festival City Marathon*

**SOUVENIR
RACE
PROGRAMME**

INCORPORATING
SOUTH AUSTRALIA
SOUTH AUSTRALIAN ROAD RUNNERS CLUB
RUNNING
JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 16
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Association of International Marathons
AIMS

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1986 Festival City Marathon Race Programme & South Australian Running Journal (June/July/August 1986)

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THE PREMIER OF SOUTH AUSTRALIA

VICTORIA SQUARE
ADELAIDE 5000



Fellow runners and supporters of the Foodland Jubilee Festival City Marathon:

At last the big day is here - the day we have all spent so much time and energy preparing for.

While any Festival City Marathon is a special day on the South Australian running calendar, this year's event is also one of the highlights of the State's Jubilee 150 celebrations.

One of the great things about the Jubilee is the way in which it is bringing people together to enjoy a whole range of events - and what better example of this could there be than Australia's Friendliest marathon?

As a competitor in this year's event I am sure I speak for all my fellow runners - locals as well as visitors from interstate and overseas - when I thank the South Australian Road Runners Club and all the sponsors, supporters and volunteers who have made possible the staging of the Foodland Jubilee Festival City Marathon.

(J.C. Bannon)

John Bannon
Premier of South Australia



TELEPHONE

(08) 218 7211

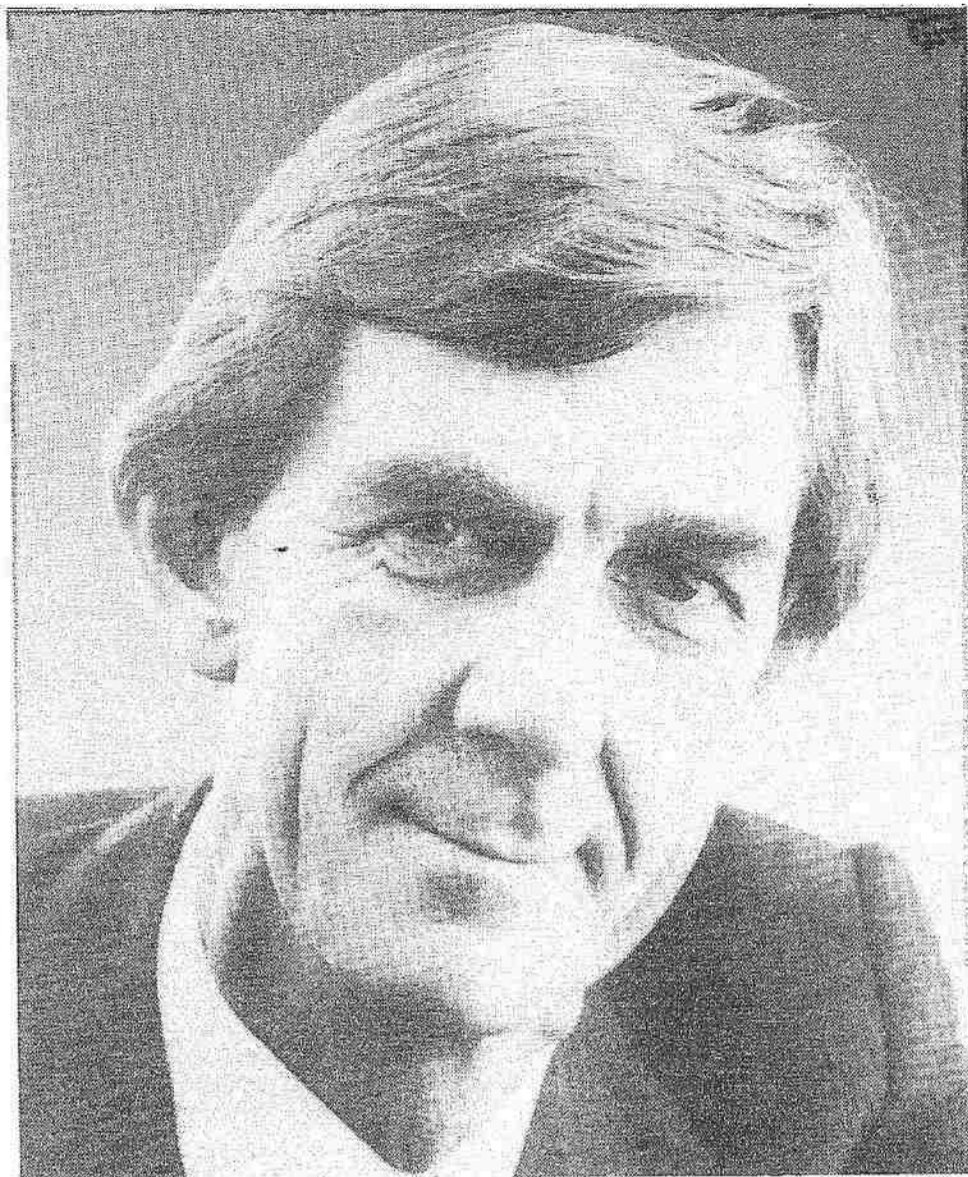
LORD MAYOR'S ROOM

TOWN HALL

ADELAIDE

SOUTH AUSTRALIA 5000

10th July, 1986



MESSAGE FROM THE RIGHT HONOURABLE THE LORD MAYOR, MR. JAMES JARVIS

The Festival City Marathon has now become one of the foremost events in our sporting calendar.

Naturally I, in common with the citizens of Adelaide, and South Australia, wish this, our Jubilee Marathon, to be the most prestigious of them all.

Its success will be built on a solid foundation of the previous 7 years of exciting marathon events, drawing participants from all parts of Australia, and the world, and creating a spirit which makes it uniquely referred to as the "friendly Marathon".

The Festival City Marathon adds colour and excitement to the City of Adelaide and the State of South Australia, and because of the beauty of its course, the excellence of its organisation and the spirit of camaraderie which exists between the competitors and the spectators, it certainly must be considered a world class event.

Congratulations to the South Australian Road Runners Club, and good luck to the competitors.

Yours sincerely,

JAMES JARVIS

Lord Mayor



South Australia Jubilee 150

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South Australia 5001

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Torrens Building
Cnr Victoria Square and
Wakefield Street
Adelaide
South Australia

date 7 July 1986

reference

telephone



LETTER OF WELCOME FOR THE FOODLAND JUBILEE FESTIVAL CITY MARATHON:

On behalf of the South Australia Jubilee 150 Board, I welcome runners who will be participating in the Foodland Jubilee Festival City Marathon.

South Australia's 150th anniversary celebrations being staged throughout 1986 have transformed the State into a national showcase through more than 6,000 activities that are part of the official Jubilee programme.

The Festival City Marathon is one of the year's major events. The marathon - regarded as the friendliest in Australia and as having the most picturesque route - is also a people's marathon. Its rapid growth in popularity since it was first run in 1979 has been quite remarkable, and it was a great pleasure to see it included as an official event.

Not only will runners be enjoying a great marathon, they will be sharing in the sesquicentenary of a great State.

I congratulate the South Australian Road Runners Club on the staging of this event, and also express my thanks to the volunteers who will make the marathon a memorable occasion for all those taking part in it.

H R (KYM) BONYTHON, AO, DFC, AFC
CHAIRMAN
SOUTH AUSTRALIA JUBILEE 150 BOARD



WELCOME TO THE 1986 MARATHON

The S.A.R.R.C. and their Marathon Committee welcome you to Adelaide and the 1986 Foodland Jubilee Festival City Marathon, Australia's friendliest "People's Marathon".

Our special thanks to the Corporation of the City of Adelaide for presenting us with such a beautiful setting in which to stage such an event. For many of us, Adelaide is that place we visited, fell in love with and now proudly call home.

I would like to take the opportunity to ask you to support our official charity for 1986, The Adelaide Children's Hospital. For 110 years the hospital has supported the children and families of this state. This will be an opportunity for you to show your support for their work. Details and sponsor form are attached to the race booklet and the rest is so simple. Help the Adelaide Children's Hospital.

1986 is a record year for us with entries exceeding 2,500. This has been made possible by the hard work of those on the Marathon Committee whom I congratulate as being people of great character.

Our thanks to our race sponsors Foodland, the Sunday Mail and 5DN to whom we owe a debt of gratitude. To the South Australian Police Department and St. John Ambulance, our many minor sponsors and the hundreds of volunteers for making the event possible.

After many months of hard work and dedication I welcome you to the start line of your marathon. I wish you an enjoyable and successful run knowing that you will meet your personal goals in what we "marathoners" describe not as a race but an "experience".

Good luck and have a great day.

Warren Featherby
Race Director

YOUR MARATHON COMMITTEE FOR 1986

Warren Featherby	Race Director & Course Co-ordinator
Eric Russell	Assistant Race Director
Neville Snook	Assistant Race Director
Wendy Barker	Adelaide Children's Hospital
Chris Ostermann]	Charity Liaison
Beata Byok	Medical Co-ordinator
Brian Chapman	Finish System
Sue Forth	Awards & Prizes
Brian Goodhind	Finish Area
Ross Haslam	Financial & Budgets
Fay Nichols	Marathon Committee Secretary
Gary Nichols	Course Surveyor
Jeffrey Phillips	Aid Stations
David Sanders	Marathon Forums, Race Programme & Assistant Start Co-ordinator
John Shepherd	Police Liaison
Barry Sims	Carbo Party
Margaret Thompson	SAKFA Liaison
Bronte Turner	Start Co-ordinator, Photography & Artwork



Front to Back

1st Row: Eric Russell, Bronte Turner; 2nd Row: Neville Snook, Gary Nichols, Warren Featherby; 3rd Row: Beata Byok, David Sanders, Brian Chapman; 4th Row: Fay Nichols, Margaret Thompson, Ross Haslam; 5th Row: Brian Goodhind, Jeff Phillips, Barry Sims; Absent: Sue Forth, Sgt. John Shepherd.

RACE OFFICIALS

1986 Foodland Jubilee Festival City Marathon

Race Director/Chairman Marathon Committee	Warren Featherby
Promotions & Publicity	Eric Russell (S.A.R.R.C. General Manager)
Carbo Party	Barry Sims
Elite Runners	Brian Chapman
Administration	Jenny Todd, Bette Sims
S.A.R.R.C. Sales	Rhonda Acton
Training Forums	David Sanders
Course Gary Nicols (Official Surveyor), Sgt. John Shepherd (S.A. Police), Graeme Young (Adelaide City Council), Snr. Constable Kyle Underdown (S.A. Police), Warren Featherby (Race Director)	
Aid Stations	Jeff Phillips, Adelaide Children's Hospital
Health & Safety	Dr. Beata Byok, Tony Williamson, Dr. Peter Barnes (ASMF), (Chiropractors), Dr. Phillip Aldridge, Gavin Beaumont, Dr. Clive Aurich (St. John's Am.), Dr. Leon Seide
Start	Bronte Turner, David Sanders
Finish Area	Brian Goodhind
Family Fun Run	Ralph Broughton
Finish System	Brian Chapman (Flinders Athletic Club)
Finish Services	Margaret Thompson (S.A. Keep Fit Association)
Award Ceremony	Sue Forth
Race Announcer	Brian Chapman
Photography	Bronte Turner
Graphics	Clive Stevens, Alan Bentley
Charity	Adelaide Children's Hospital
Community Organisations	S.A. Police Department, Adelaide City Council, Aust. Citizen Radio Monitors, Aust. Sports Medicine Federation, S.A. Keep Fit Association, Flinders Athletic Club, S.A. Jubilee 150, Flinders Medical Centre, O'Halloran Hill Running Club, Festival Centre, Athletics Association of S.A., Department of Recreation & Sport, Botanic Gardens

S.A.R.R.C. COMMITTEES & ADMINISTRATION

S.A.R.R.C. Board

Marilyn Davis (Pres), Chris Acton (V-Pres), Geoff Davis (Treas),
Jayne Taylor (Sec), Kay Moncreiff, Kevin Lynch,
Chris Mangan, Fay Nichols, Neville Snook, David O'Donnell.

Office Administration

Eric Russell (General Manager), Jennifer Todd, Bette Sims, Jennifer Perret.

Sunday Committee

Kevin Lynch, Chris Acton, Neville Snook.

Magazines & Publications

Stella Emberson, David Sanders, Bronte Turner, Joy Walterfang.

S.A.R.R.C. Travel

David Lewin, Janice Graves, Graham Cox, Justine Thomas,
Stella Emberson.

Training & Education

Ralph Broughton, Chris Mangan, Stella Emberson, John Clements,
Rhonda Saint.

Finance & Insurance

Geoff Davis, Chris Mangan.

Health & Safety

Beata Byok, Debbie Thompson, Gavin Beaumont, Clive Aurich,
Tony Williamson, Leon Seide, Terry Farquarson, Peter Barnes,
Phillip Aldridge.

The Chiropractic Cup Marathon Forum on Sunday August 31st



ELDER PARK

TIME 8.00 a.m. Onwards

(Forums & Assessments by A.C.A. Chiropractors on posture & sports injuries).

*Come along this is a family affair - ask us plenty of questions
and experience practical and wholistic advice.*

FURTHER ENQUIRIES

C.I.B. (CHIROPRACTIC INFORMATION BUREAU)

276 7319

RUNNING GROUPS

Every Sunday — 7.45 a.m. War Memorial Drive (rear of Zoo), North Adelaide. Various distances. Start Running classes.

Every Sunday — North Haven 7.00 a.m. Le Fevre Peninsula Community and Youth Centre, 541 Victoria Drive, Osborne. Various distances. Start Running classes.

Phone John Murfitt 248 3536

Every Sunday — Elizabeth 9.00 a.m. Woodford Road, Elizabeth Recreation Centre. Various distances including beginners. Contact Glenda Buckby 255 2622 (day).

Every Sunday — Tea Tree Gully 7.30 a.m. Tennis courts, Ashley Avenue, Tea Tree Gully (behind swimming centre). Various distances. Phone Bob Pearce 380 5377

Every Tuesday and Thursday — West Beach 5.55 p.m. Scout Hall, Burbridge Road, West Beach. 5/10/15km. Phone Janice Graves 356 7377

Every Wednesday — Gilles Street 5.25 p.m. 91 Gilles Street, Adelaide (rear of Language Centre) Pack Runs. Phone David Miller 277 7482

Every Wednesday — Athelstone 5.55 p.m. Athelstone Primary School, Brookside Road. Pack runs. Phone Jenny Dabinett 332 6291

Every Thursday — O'Halloran Hill 5.55 p.m. The Hill Community Centre, Candy Road, O'Halloran Hill. Pack runs. Start Running classes. Phone Eric Fazackerley 381 3558

Every Saturday — North Adelaide 8.30 a.m. Cnr. Bundeys Road and Mackinnon Parade, North Adelaide, Speed Training. Any runner - all paces. You will improve your basic speed no matter how slow you are.

LOCAL RUNNING GROUPS - NEW GROUP

A new group was started at the Community Hall, Bridgewater Road, Bridgewater by Delia Skorin in April. The group runs on Sunday morning at 8 a.m. from the Community Hall, just up from the oval.

Some of the runs in the area are fantastic. On two separate holiday Mondays the Gilles Street group have joined the local runners on parts of the Heysen Trail. Another great attraction of the area is Delia's Coffee Lounge and Pizza bar at Aldgate, opposite the Aldgate Pump - another great watering hole.

At the moment the Sunday group is straining hard for the marathon but in September the "social" running will begin again. (Yes that is straining not training!)

Delia can be contacted on 339 2530

FUN RUN FOR MENTAL HEALTH Sunday, 28th September, 1986

Organised by S.A. Association for Mental Health

Venue	Hillcrest Hospital, Fosters Road, Gilles Plains
Course	Sealed, traffic free private road, 5km per lap. 5 and 10 kilometre events; simultaneous start; 1 or 2 laps.
Fee	\$2.00 or \$3.00 on Race Day.
Date	Sunday, September 28th (Entries close; Monday, September 22nd)
Start	9.30 a.m.
Prizes	Winners in each section for both events, plus Random Draw prizes.
Sections	1. Under 14 M. F. 2. Under 20 M. F. 3. Open 4. Veteran M. F. (Males over 40 and Females over 35) 5. School Teams (1st 4 to finish with the fastest aggregate time winning) (Please circle the appropriate section)

Some parking is available in the grounds IN DESIGNATED PARKING AREAS ONLY!! Ample parking is available along Fosters Road

.....
Surname First Name

Address (or School)

Event: 5km 10km (Please circle)

Signature Parent/Guardian to sign if runner is Under 18 years of age.

Send to: 1. **Merle Gowan**, S.A. Association for Mental Health
35 Fullarton Road, Kent Town. 5067 Telephone: 42 6772

2. **Kevin J. Edwards**, P.E. Department, Hillcrest Hospital,
P.O. Box 202, G.P.O., Adelaide, 5001 Telephone: 266 9391

SOUTH AUSTRALIA — "MARATHON STATE"

by Brian Chapman

Running in South Australia can be traced back to track meets conducted by colleges and the Adelaide Amateur Athletic Club during the 1860's.

From the 1880's, professional running dominated due to the lure of cash prizes offered during the economic recession of the time.

Longer events for men, such as three hour "Go As You Please" and professional match races also took place in Adelaide.

Distance running in general was boosted by the arrival of British migrants and, in 1920, the Bay-City Run appeared as a handicap race conducted by Adelaide Harriers (Est. 1913). Nevertheless it was very much a minor sport and its handful of participants were looked upon as either iron-hearted freaks or dedicated fools. Thus in 1920 the first marathon held in South Australia attracted only six starters, three of whom were from interstate.

From Victoria Square the course followed Grote Street, West Terrace, Bay Road (now Anzac Highway), to the St. Leonards Inn, then turning back up Cross Road to the "Big Gum Tree", along Portrush road, Greenhill Road, Glynburn Road, Lower North East Road, O.G. Road, Upper North East Road, Northcote Street, Melbourne Street finishing with a lap of University Oval.

Clem Duncan braved the potholed roads and 74 degree heat to lead at the half-marathon point (Glen Osmond) in 92 minutes. However, leg cramps put him out of the race and Victorian, Percy Collins, despite slowing to a 12 minute mile pace, came through to take the first South Australian title in 3 hours 18 minutes and 22 seconds. Hugh Wolter, a reinstated professional runner/walker from England, was the first South Australian finisher (3.44.10).

George Lockwood, later famed for his ultra-marathon pedestrian feats of endurance as the "Walking Postman", had a crack at Collins' record in a second marathon in 1925. A mid-race storm turned the non-bitumen sections into quagmires and Lockwood (97 minutes at half-way) withdrew after twisting a knee when he slipped. The only finisher was novice Charley Kerr (3.24.04) who was denied his scheduled finish lap around Adelaide Oval because a league football match had just resumed.

These early marathons proved so traumatic for runners and officials alike that the event was not conducted again for some years. Even "modified marathons" over 15 miles were cancelled and it was left to enthusiasts such as Lockwood and Ern Jolly to run their own time trials. Despite this lack of races, Jolly won the 1932 Victorian Marathon in 3.02.34.

Women's running, which was popular in professional ranks (as well as the Adelaide Women's A.A.C.) in the 1920's was stimulated by the formation in 1931 of the S.A. Women's A.A.A. However, distances were limited to 220 yards particularly after the 880 yards debacle at the 1928 Olympics when female runners collapsed in varying states of exhaustion. In addition bad publicity surrounded the common practice of "rub-downs" administered by men to young women runners.

In 1932 the third S.A. marathon was conducted over a flatter course from the War Memorial following North Terrace, Victoria Avenue (now Fullarton Road), Park Terrace, Bay Road, Brighton Road, "Adelaide Road", South Road, Bay Road and back to the start. Jolly failed the mandatory pre-race medical check (a feature of all S.A. marathons till the early 1970's) and victory went to sensational 21 year old Malcolm Prince in 3.08.06 (88 minutes at half-way) with only three finishing.

In 1938, Jolly clocked 2.57.06 in a marathon trial before the Empire Games in Sydney but returned with an injury/DNF from the Games themselves.

Unfortunately apathy and public/press opposition on medical grounds saw marathons vanish from the running calendar and in fact they were banned in Victoria.

The notorious five lap "Terraces Marathon" in 1941 was the only 26 miler to take place for almost a quarter century after 1932. The winner was Harry Chesson (3 hours 46 minutes 48 seconds) with George Lockwood a distant runner-up (4.28).

The severity of the race continued to discourage prospective runners and an apathetic attitude on the part of S.A.A.A. officials ensured that marathon running lay dormant well beyond the war years. Only Allan Howland tackled the distance privately and he contested the Australian Marathon at the start of the 1950's.

An S.A. Marathon reappeared in 1956 thanks to the efforts of a 46 year old Englishman George Venables. The course from Adelaide Harriers track followed South Terrace, West Terrace, Port Road, St. Vincent Street, Military Road, Seaview Road, Henley Beach Road, and the "Terraces" back to Adelaide Harriers. There was a festival atmosphere about this race, which was a prelude to the Melbourne Olympic Games, with thousands lining the course and many bikes following the runners. Venables covered the first ten miles in an astonishing 58 minutes 37 seconds, then slowed to victory in 2.50.38 ahead of only three finishers.

The 1958 S.A. marathon proved a breakthrough when local star, Les Trigg, challenged Victoria's Olympic Frank Tutchener through ten miles (54.15) and 20 miles (1.55.30) to finish third in a new South Australian record of 2.42.39.

Each of the annual South Australian marathons from 1956 had its own special story of drama or woe; e.g.

Rodger Barber's 3.02.50 victory in the heat affected 1959 race which was thrown into chaos when his pursuers were directed off course by a spectator; the dog attack survived by leader Ron Ford in 1960; and the 1961 win of 55 year old Alf O'Connor (2.27.40) over an Eyre Peninsula farmer, Max Hammond, running his first race and in thongs!

In 1959/60, South Australia's first Fun Run, the "Pepsi Footathon", was conducted to launch a new soft drink in opposition to Coca-Cola. For the first time distance running was sold to the public as hundreds tackled the 8 mile senior (won by Nevill Clarke) and 3 mile junior (won by a Kerry O'Brien of Port Augusta) events starting from the Parade Ground and were televised.

Fields from the S.A. Marathon, however, stayed around the 15-20 mark as the reputation of the event still discouraged many. The race was held in the western suburbs for the last time in 1962, then on an out-and-back course from Pooraka to Smithfield in 1963, followed by Oakbank-Mt. Torrens during 1964-71. The stars included Peter Brownrigg, till recently a league football boundary umpire (1964 winner: 2.39.04), English migrant Allan Gibson (1965: 2.37.52), former middle distance ace Ian Wheeler (1967: 2.27.34) and Bill James (1968: 2.26.20 and an Australian representative in the 1969 Toronto International Marathon). As Richard Amery wrote, things had changed from "a time not so long ago, when the only prerequisite for a place in a state marathon title was to stay on two legs for about three hours while maintaining a forward velocity of some eight and half miles per hour".

The staging of the Australian Marathon at Oakbank in 1967 gave the South Australian public a rare chance to see world class runners such as Ron Clarke, Dave Power and Tony Cook in action on the road (though all were beaten by little-known Victorian, Derek Clayton in 2.21.58). More local stars such as Raie Thompson and Maureen Moyle (World Cross-Country Championships), Chris Fisher (Sub-4 minute mile in 1971, Olympics 1972), Brenton Norman (Commonwealth Games marathon 1974) and David Fitzsimmons (Commonwealth and Olympic Games 1974-80) broke through into international level, yet distance running remained fundamentally elitist and a minor activity in Adelaide. This all began to change with the establishment in 1973 of the City-Bay Fun Run by Bob Clarke and others.

The first edition went to Clayton, by then the world marathon record-holder (34.06), and schoolgirl Elaine Stubbs with an amazing 1365 runners finishing. The event thrust distance running for all ages and both sexes well and truly into the public eye.

Meanwhile the S.A. Marathon continued its search for a permanent home switching from three laps around the Adelaide Airport (1972), to Kuitpo, Roseworthy and finally West Lakes. Each race added something to the tradition of drama surrounding the event: e.g. the last minute venue change in 1972 caused by a petrol strike, the shock 1974 win by mediocre youngster Grenville Wood in 2.37.42, and the sensational disqualification of 1975 winner Richard Amery because he wore red shorts instead of his club's regulation white.

The arrival of world class marathoner John Farrington in Adelaide in the 1970's provided a boost in the latter part of the decade. Jan Brown (Whyalla Marathon) and Sipra Lloyd (West Lakes) became the first South Australian women to complete the 26 miler.

The establishment of a "peoples marathon", the Festival City Marathon, in 1979 by a Distance Runners Club committee headed by Bruce Abrahams heralded the further popularisation of distance running by the S.A. Road Runners Club (Est. 1981). Grenville Wood won the inaugural race.

The recent emergence of more international representatives such as Wheelchair Olympian Robert Turner, Desiree Letherby, Janis Hams, Grenville Wood, Lisa O'Dea-Martin, Anne Foley, Donna Gould and Garry Henry together with the ongoing boom in Fun Runs since 1979 shows that without doubt in marathon running "we've only just begun".

RUNNERS WHO HAVE FINISHED ALL FCM's 1979-85

Name	Age 1979	1979	1980	1981	1982	1983	1984	1985	Avg time	Best time
Bruce Abrahams*	39	3.40.28 180	3.23.47 234	3.31.16 292	3.59.02 526	3.41.48 689	3.48.30 944	6.02.58 999	4.01.07	3.23.47 1980
John Auld John Auld	36 36	3.58.16 269	3.20.04 202	3.14.02 152	3.30.10 257	3.10.33 271	3.07 312	3.11.04 211	3.21.41	3.07.41 1984
John Bannon	36	2.59.11 21	2.50.43 38	2.47.29 26	2.51.13 25	2.44.34 47	2.47.19 64	2.51.24 50	2.50.16	2.44.34 1983
Terry Boswell	35	4.42.55 421	3.18.09 180	2.56.55 61	2.58.41 52	2.50.16 73	2.53.41 104	2.56.10 74	3.13.49	2.50.16 1983
Terry Buxton	40	4.06.40 310	3.44.34 411	3.56.01 473	3.44.16 384	3.33.20 589	3.22.51 543	3.37.47 516	3.43.38	3.22.51 1984
David Edyvean	40	4.03.17 300	3.23.14 223	3.20.48 207	3.12.10 117	3.01.27 177	2.55.18 119	2.58.54 106	3.16.26	2.55.18 1984
Allan Fox	35	3.44.19 205	3.18.15 181	3.01.12 81	2.53.32 30	2.48.28 64	3.29.58 668	3.16.46 277	3.13.12	2.48.28 1983
Leonard Freeth	35	4.01.39 291	3.27.20 271	3.49.46 426	4.16.24 636	3.57.31 894	3.33.24 710	3.50.01 652	3.50.52	3.27.30 1980
Ken Graham	38	3.12.16 52	3.10.04 117	2.54.18 53	2.54.56 34	2.48.42 66	3.02.26 229	2.51.09 47	2.59.07	2.48.42 1983
Don Greenhaugh	43	3.58.54 272	3.13.42 144	3.04.23 93	3.12.31 121	2.59.14 159	3.16.24 442	3.17.46 287	3.17.33	2.59.14 1983
David Groat	57	5.02.33 454	4.05.53 527	4.45.39 664	5.20.32 835	4.41.36 1209	4.24.01 1293	4.33.50 919	4.42.00	4.05.53 1980
Ian Hill	25	3.53.24 249	2.58.47 63	2.49.45 34	2.44.25 16	2.34.17 18	2.29.12 15	2.33.43 9	2.51.56	2.29.12 1984
Ross Martin	50	3.31.20 138	3.14.43 151	3.09.30 123	3.16.12 145	3.09.55 268	3.02.06 221	3.10.45 205	3.13.30	3.02.06 1984
Barry McDermott	35	4.14.23 342	3.47.33 431	3.29.10 277	3.36.41 317	3.17.24 352	3.13.47 400	3.21.03 326	3.34.17	3.13.47 1984
Trevor Mitchell	35	2.48.20 9	2.41.22 17	2.33.41 5	2.35.34 7	2.30.52 13	2.36.12 24	3.00.3 122	2.40.54	2.30.52 1983
John Murfitt	29	4.29.48 388	4.00.10 506	4.18.38 586	4.19.44 652	4.37.09 1194	4.05.01 1137	3.37.35 514	4.12.35	3.37.35 1985
Peter Slagter	33	3.23.01 94	3.16.03 161	3.10.59 132	3.14.57 135	2.56.35 125	3.33.39 715	3.49.15 645	3.20.38	2.56.35 1983
Peter Worley	33	3.45.34 210	3.12.10 133	4.15.15 569	3.08.37 98	3.24.32 447	4.00.17 1102	3.07.40 180	3.33.26	3.07.40 1985

* Includes six "Officials' Marathons"

Adelaide - A True Test For Wheelchair Athletes

Wheelchair athletes around Australia now believe that the new Foodland Jubilee Festival City Marathon course is the best marathon course in Australia as far as being a true test of an athlete's ability to perform over the marathon distance.

All too many courses, both here in Australia and overseas, are designed so as to make use of prevailing wind conditions and/or gradients - not so with the Adelaide course. Being an out and back race with two loops and a wide variety of gradients, athletes who complete the distance have the satisfaction of knowing that their finishing time is a true reflection of their ability to run a marathon.

Over the last four to five years Wheelchair athletes have become very competitive over the marathon distance. New chair designs, training techniques and a growing confidence in their own ability have all contributed to Australia's Wheelchair Marathon athletes being recognised world wide as an elite group, equal to the best in the world.

South Australia is fortunate to have two such Wheelchair athletes, Robert Turner (above right) and Mick McIntyre (above left).

Robert, of course, needs no introduction as he has, for a long time now, been the "el supremo" of South Australian marathon racing. Thanks to Robert's participation in marathon events and the progressive approach by S.A.R.R.C. officials, Wheelchair athletes in this State are being recognised and treated as true athletes rather than "special category athletes".

Because of this and the fact that the course is a true test for Wheelchair athletes, keen interest has been shown by interstate Wheelchair athletes in this year's event. Peter Trotter, Geoff Wiseman (N.S.W.); Ian "Zipper" Gainey, Chris Alp, Michael Norton, Jan Randles (Vic); Ian Aitchison, Mike Nugent (Qld); have all stated "that finances permitting, they will be in Adelaide for the event".

Regardless of who starts from interstate, both Robert and Mick are quietly confident that, given reasonable conditions on the day, a new record time, below the existing 2 hours 13 minutes, is a real possibility. I'm sure you will all join me in wishing our Wheelchair entrants the best of luck and success in this year's event.

Arthur McKenna

HEALTH & SAFETY INSTRUCTIONS

by Dr. Beata Byok - Medical Director

The Day Before

Maintain a good balanced diet with emphasis on complex carbohydrates, e.g. potatoes, cereals, pasta, bread, rice. Do not try new foods or drinks. Do not fast within 24 hours of the start. Get a good sleep on Friday night.

Plan your clothing requirements carefully in advance. Don't wear any new or untried gear. Fill in personal details on the back of your chest number, noting any present medical condition.

Plan to drink at every aid station. Do not train if suffering from a virus. Cut your toenails carefully before marathon day. Plan a realistic pace for your run.

Before The Start

Don't run if you have a virus or any other illness, particularly if your doctor has advised you not to participate.

Arrive at the start early. Avoid last minute rush.

Drink plenty of water. Get to the toilet early (there are plenty at Adelaide Oval). Dress as you have planned and use petroleum jelly to prevent chafing (nipples, toes, underarms, groins and legs). Remember, no new or untried gear. Check you have written information on the back of your chest number.

Keep warm and stretch before the run.

During the Race

Don't go out too fast. Stick to your planned pace.

Drink at every aid station. This is essential whatever the weather. Aid stations will provide water, petroleum jelly, sponges and tissues. St. John will be at all aid stations to provide first aid. Medical aid will be available at the 25 km and 40 km points.

If you wish to drop out, transport to the finish will be organised from aid stations.

If you are running slower than 6 min/km (4hr 15mins) traffic will be on your part of the course for some time, so you must run on the footpath and observe all traffic rules.

If you are feeling unduly distressed, reduce your pace. Stop running if you are suffering heat exhaustion (throbbing headache, dizziness, nausea, chest discomfort or goosebumps) or have become unduly cold particularly if it is raining and windy.

When You Finish

Warm down by putting on light clothing. Maintain some activity for at least 10 minutes e.g. walking. Avoid becoming too cold or stopping all activity suddenly.

If distressed seek medical advice which will be available at the finish area. St. John will be present to assist those requiring attention and help them to the medical area where doctors, physiotherapists, podiatrists, sports trainers, masseurs and chiropractors will be available to assist with any injuries.

Take care, enjoy yourself and the entire experience. If you have done your homework and remember the basics - fluids and pacing, you will run a fine race.

Good luck - you deserve it.

FRONT RUNNERS

by Bob Barnard

The 1986 Festival City Marathon provides the setting for an exciting race amongst the sub-2.30 men and sub-3 hour women.

Local runners including Ian Hill, Dave Paterson, Tony Ervine and Dennis McCrowan in the men's section together with Avril Hill and Desiree Letherby make up a strong contingent of competitors.

The battle for honours will be fought out between the South Australian's and Interstate competitors such as Adrian Wollington (2.24.00, Northern Territory), Geoff Moore (2.26.00, A.C.T.) and Peter Anderson (2.29.00, Victoria). Talented Iris Cook (2.48.00, Victoria) and Trudy Fonton (2.55.00, Tasmania) make the women's race an exciting section.

Line honours should go to either Mick McIntyre or Kim Bley, wheelchair men both sub-2.20 performers over the marathon distance.

As a prelude to this year's event we have recorded a profile of just two of the many interstate competitors.

PROFILE - Iris Cook

Iris Cook's involvement in athletics goes back to a beginning in England in the days when women could not run distances over 800 metres. They weren't allowed to run further!

Running at that time led Iris to represent England on more than one occasion and together with sister Rita they were known as the Lincoln Twins. (Rita won the 1970 Commonwealth Games 1500 metres held in Edinburgh) A complete break from running of ten years spanning the 1970's included marriage and five children (5½ - 14 years) and a move to Australia where Iris now lives in Mornington, Victoria, enjoying outdoor interests offered by the coast and sea in the little spare time left after running and housewife chores. Incidentally husband Tony is an olympian having gained 8th in the final of the Tokyo Olympics 10,000

metres.

Iris' return to athletics began six years ago and the marathon was her favoured distance, with improvements in performance continuing to her 2.48.46 P.B. set in Osaka, Japan in January 1985. She has started a total of 16 marathons and finished all with recent marathons having been run in New York in 1985 and Nagoya Japan in March of this year.

Training averages 136 kilometers a week (85 miles) and Iris competes regularly in shorter road and cross-country events in the Victorian A.A. winter season. Recent performances in road and country events have been good and all going well a break through in her marathon time is definitely on the cards.

Lets hope it "clicks" on the day!

PROFILE - Geoff Moore

Expatriate croweater Geoff Moore has an extensive interest in running. His ties in the sport include coaching, club and association administration in Canberra with the A.C.T. Cross Country Club as well as his own running.

Geoff has 24 years continuous involvement in athletics, starting with his Adelaide high school days in 1962, he continued on competing for the Adelaide University and Flinders University Cubs in track as well as distance competition.

The move to Canberra in 1969 saw further development of his running and career. 38 years old, married with three children aged 15, 14 and 10, Geoff works in the computer division of the Australian Bureau of Statistics.

Geoff currently averages around 100km per week in training lifting the load to 130km in the weeks prior to a marathon competition.

A firm believer of variety in training Geoff utilizes weights and aerobics as an aid to performance and will add swimming to his programme later this week.

His personal best performance of 2.26.58, set in winning the 1978 Nike Marathon in Canberra, was a highlight of 25 marathons run since 1973 to the present.

Geoff's recent performances in June over half marathon, 70.45, and A.C.T. 15km road titles, 49.59 (a personal best) indicate that he is shaping up well for the marathon.

New personal best performances are still coming and Geoff expects to maintain his current form for at least 10 more years although he feels his "peak" was 1978-80. Lets hope 1986 sees a P.B. in the Marathon!

RUNNING IN WHYALLA by Jeff Desmond

The Whyalla Harriers is the main organisational body, while there are other groups catering for Little Athletics and social functions as well as group arrangements plus more recently, triathlons.

The major athletic event is the annual marathon, having just been run on May 4th for the 11th time, and featuring a half marathon in this our Jubilee year. Other events include the ANZAC Day 6k Fun Run from Westland Shopping Centre to the Whyalla High School, the 5k Australia Day Fun Run, from the A.B.C. Shopping Centre to the Ada Ryan Gardens plus on May 11th Whyalla's first triathlon at the Recreation Centre.

This event proved an enormous success and the future is very promising, for both individuals and teams. A second event is being planned for October/November which will possibly be featuring the newly developed forshore area plus the newly opened Hummock Hill. With over 200 entries at the first attempt and some warmer weather later in the year, this event seems a sure winner.

Of course these events are generously sponsored by numerous local businesses and naturally hundreds of hours of hard work from enthusiastic people aiming to put on the best possible event at a reasonable entry fee. (This year's marathon was only \$5, including lunch, hot showers, free heated indoor pool etc.)

In the winter months, every Saturday, the harriers hold both cross country and road races at 3 p.m., "At the Trees" just off the Iron Knob Road, 3 km from the city. In summer the venue is at Jubilee Park track where all events from 100m to 10,000m plus field events are catered for, for all age groups.

ANYONE VISITING WHYALLA AND WISHING TO KNOW MORE ON RACES OR TRAINING RUNS WILL BE VERY WELCOME AND SHOULD CONTACT JEFF DESMOND (086) 45 7648 (W) OR JOHN ALDERDICE (086) 45 4926 (AH). With hundreds of bush trails in close proximity, offering, smooth, flat, rough or hilly terrain, all runners can be accomodated, the city has many kilometres of concrete paths, and if you need the roads, you'll be pleasantly surprised to find that there's hardly any traffic! For track work we have our 400m Jubilee Park and there are a number of well known circuits of all distances. A feature of Whyalla is its 301 sunny days, much nicer in the winter but not any hotter than Adelaide and with 10 inches of rain a year, no problems with the wet conditions.

Whenever a S.A.R.R.C. member visits whether for the marathon or just a training run they'll be well catered for.



**PLEASE RUN!
FOR OUR CHILDREN'S SAKE**

The Adelaide Children's Hospital is 110 years old this year, having been established as a tiny cottage Hospital in 1876.

It is now recognised as one of the leading Children's Hospitals in the World.

Over the years, thanks to the support of the Community, we have cared for thousands of babies and young people similar to Andrew in the photograph.

But . . . we still need **MORE** money to continue our fight to save children's lives.

YOU can help us by arranging for sponsorship when you compete in the Festival City Marathon on August the 31 st. Every cent counts!

Please help us

PLEASE RUN! FOR OUR CHILDREN'S SAKE

WHYALLA HARRIERS AMATEUR ATHLETIC CLUB INC.

Marathon

1st OUTRIGHT NOEL BRAY
1st VETERAN BOB HARRISON

HALF MARATHON

1st OUTRIGHT EDDIE HUGHES
1st VETERAN FRANK HOWITT
1st FEMALE HEATHER ROSE

RUNNING IN PT. LINCOLN

by John Bell

I was in Adelaide last Sunday for the well organised Greenbelt half marathon - congratulations to all involved. It was a wonderful and well organised event. As you can anticipate, there was a huge difference in numbers of competitive runners between the city and country. It was exciting to see so many runners!

To begin at the beginning, our group has been planning and organising events since 1982 when I began canvassing for information about who runs in Lincoln and then initiated a pack run over 10km, to allow people to meet and form a permanent group. This succeeded and over the next year we had runs chosen at the previous run by all of us.

In 1983, there was a more regular schedule that meant having a running calendar printed and published with events ranging between 5km and 21.1km. Our group organised the successful 1984 Tunarama Fun Run, where we had at least 80 starters. This was great for Lincoln but 1985 was to be even better with 90 competing. We often have courses to suit children, and distances of 5km, run concurrently with 10km courses. The 1986 Tunarama Run saw fewer runners than before, only 50 completed the course. At the moment our numbers have dropped in most events. Perhaps Olympic Gold Fever has lost its magic since Lukin's 'gold' success. We have tried to encourage cross country events over three years and have a beautiful course on the Russell's farm at Coomunga. Orienteering is very popular here and an effort is made for our events not to clash with other events.

There are usually no fees for our monthly fun runs, but the Tunarama Fun Run provides some funds. Often we have made a donation, from monies raised by this event, to the State Emergency Services for their help on the day. In 1984 the Quit for Life campaign asked for support to organise a special run. We helped in many areas in what was a most successful event.

Thanks to your club we have been able to publicise our monthly events in your journal. This system is superb and has meant one or two enquiries from Adelaide when people plan holidays here.

Last weekend, 25th May, our contribution to SPORTS AID FUND was \$100 from only 6 runners. We had excellent publicity from Radio 5CC but we were the only group on Eyre Peninsula, we believe, to do something and at least 4 runners were in Adelaide for the Greenbelt!

This year we managed 13 at the local Lincoln half marathon and 4 were women. This number is pleasing and we hope that up to 10 local people will compete in the Jubilee Marathon in Adelaide. As you look at our programme, you will see that it builds up to the marathon and to help beginners our club has a copy of "Running High".

We don't have or want a committee and rely upon gatherings of interested people to plan the calendar and make decisions.

Incidentally, there is a perpetual trophy donated by Coca Cola, for the Tunarama Fun Run. IT WOULD BE GREAT IF A BIG GROUP CAME TO ENJOY PT. LINCOLN IN JANUARY FROM S.A.R.R.C. Perhaps they could also enter the local triathlon the day before. This event is being organised by Graeme Dyke of Port Lincoln Leisure Centre. We have such superb places to run here that it would be worth it for the view and vegetation alone. Hope to see any of you who come to Pt. Lincoln.

PROGRAMME

SEPTEMBER 28th - 11 a.m. 5km, 10km Civic Hall, Mortlock Terrace past Ravendale Oval via Stevenson Street

OCTOBER 19th - 7.30 a.m. 10km Lions Park, Lincoln Highway to North Shields and Return (4km from town)

NOVEMBER 2nd - 10.30 a.m. 2km, 5km, 10km Yacht Club to Billy Light Point

DECEMBER 7th - 7.30 a.m. 5km, 10km Civic Hall to Lincoln Highway

1987

Monday JANUARY 26th - 8.00 a.m. 5km, 10km Tunarama Fun Run

For further enquiries phone:

J. Bell 82 4097

C. Crickmay 82 1844

S.A. WOMEN RUNNING FORUMS

A record number of women have already entered this year's Jubilee Marathon - 272 at the end of May, representing 17% of the total entrants to date. This is an increase of 104 women on last year's figures. (168 female entrants)

The inaugural 1985 Women's Day Fun Run, The Women 10k Classic in December and the promotion of women running resulting from the early start for women in the 1985 Half Marathon and following that the early women's start in the Marathon, may all have a part in increasing the number of women running this year. Whatever the reason, 1986 is the year to count the increasing number of women running in South Australia.

S.A.R.R.C. has long boasted its high female membership and has actively sought to maintain and increase this. In addition to the specific runs already mentioned, S.A.R.R.C. also promotes women in running by organising monthly forums which look specifically at issues affecting women runners. The forums provide information, advice and encouragement to all runners wherever their interest lies in shorter distances, half marathons, full marathons or any combination in between. They provide the opportunity to share running experiences, training schedules, to find partners for safer running (particularly in winter) and to focus on good preparation, nutrition and motivation.

High attendance and enthusiasm has set the scene for the forums so far. Desiree Latherby brought a contagious energy with her for the first forum as she gave us insight into her "chance" introduction to distance running and the current training schedule she was involved in leading up to the Marathon in Texas. We also enjoyed a slide presentation of women runners, mostly from last year's Festival City Marathon.

Physiotherapists from the South Australian Sports Medicine Centre guided us through a series of essential stretching exercises for our second forum and presented us with some fascinating information concerning women, sport and physiology. Note the accelerated rate at which women are improving their running times - watch out guys!

Judy Daly, our national and international 1500m Veteran Champion runner, discussed speed training, sharpening and tapering at our third forum in May. As well as being an impressive athlete, Judy presented us with valuable information, hints and advice on how to improve our performances. Once the questions started, we could have kept Judy for twice as long as the forum allowed. Two representatives from Joggers World also attended the third forum. Dave French and Dave Patterson (D²??) discussed designs and benefits of particular shoes including the new De Castella range. What we uncovered, as a group of women, was the obvious neglect by most shoe manufacturers to provide shoes **for women**. The common practice is to slightly modify the men's shoes by (1) making them lighter and (2) making them a different colour (prettier?)! I read recently, and felt a little more optimistic as a result, that given the increasing number of women running, a few companies are undertaking research in order to design a 'shoe last' based on the shape of women's feet. Progress?

Another issue raised at the forum was the difficulty many women experience in getting shoes in the smaller sizes. It appears that import quotas are the problem here and that faced with this, retail outlets tend to stock the average foot sizes, hence the limited supply of both large and small shoes.

S.A. Women Running Forums have included:

- 16/6 - Lynne Daniels, Nutritionist, Dietician
- Dr. John Suigos, Obstetrician, Gynecologist
- 7/7 - Sports Psychologist, Maintaining motivation and concentration in running
- 4/8 - Video - Festival City Marathon
- Panel 1985 Adelaide Women Marathoners (all your questions answered)
- Review of 1986 Marathon Course.

SATISFAC Credit Union supports S.A. Women Running by providing free use of its Conference Room as a venue for the forums on the 2nd floor of its offices at 151 South Terrace, Adelaide.

The forums are free and open to all runners - come and join the 80-90 women who have attended forums this year, you are very welcome.

Madeleine Woolley
Co-ordinator, S.A. Women Running

RACE INSTRUCTIONS

IMPORTANT - Read Carefully

Race Numbers

Your race number will be included in your race pack. Your race pack will be distributed at the Carbo Party, to be held at the Festival Centre, between 6 p.m. and 9 p.m. on Friday the 29th of August, 1986, and again at the Expo and Registration to be held from 9 a.m. to 6 p.m. on Saturday the 30th of August, 1986, in the Main Foyer of the Festival Centre, King William Road, Adelaide.

You must wear your race number so that it is visible as you cross the finish line, which means you wear it pinned to the front of your singlet or shorts. Do NOT remove or obscure any sponsor identification as this will disqualify you from any prizes or awards.

Ensure all details are correct on the tear off tag. Pin the race number securely but do not secure the tear off section of your number, this tag will be removed by officials in the finish chute.

Unofficial Runners

Unofficial runners will be prevented from crossing the finish line. These are runners with no numbers, pacers, family and friends of runners, and any other persons not wearing an official race number. Unofficial runners completely disrupt any well organised timing system. PLEASE PLAY YOUR PART AND DISCOURAGE UNOFFICIAL RUNNERS

Team Entries

Individuals who entered by the 9th of July 1986, may form teams in any of the following categories:

1. Corporate
2. Service & Hospitals
3. Schools (Students & Teachers)
4. Social/Sporting
5. S.A.R.R.C.

Each team must have a **minimum** of five members and five members **must** complete the marathon. A team prize will be awarded to whichever team nominates the total finishing time for its first 5 members most accurately.

Written nominations of team members, team category and predicted finishing time of the first five to complete the course must be received at the S.A.R.R.C. office, 1 Sturt Street, Adelaide or at Race packet collection, 30th of August 1986 no later than 4 p.m.

Parking and Road Closures

The Torrens Parade Ground in Victoria Drive will be open for parking of vehicles from 6 a.m. by courtesy of the Australian Army. War Memorial Drive between Montefiore Road and King William Road will be closed from 7.45 a.m. and the King William Road start area will be closed to through traffic from 7.45 a.m. So aim to arrive at the start by 7.30 a.m. at the latest.

Check - In On Race Day

All runners are required to check in on race day with their number correctly pinned to their chest. At that time your number will be crossed off as an official starter.

The location for this will be just inside the southern gates of the Adelaide Oval (off Memorial Drive).

Timings for check-in will be by 7 a.m. Walkers, by 8 a.m. for runners and wheelchair competitors.

The check in area will be open from 6 a.m., Please do not leave it to the last minute.

Pre-Race Toilets

There are dozens of these inside the Adelaide Oval, all of which will be open for runners' use.

Gear Bags - Bring Your Own

Gear bags will not be provided but gear may be left at the start in your own bag, clearly marked with your full name and race number, and these will be transported to the finish area. Your gear bag can be collected in the finish area just past the finish line. **Do Not leave fragile or valuable articles in your bag.**

The Start

Once you have checked in you may walk through the Adelaide Oval and around to the Victor Richardson Gates, on the east side of the oval. You will be called up to the start line, on King William Road, from the area immediately outside these gates. The First Aid Station is located in this area.

Starting Times:	
Walkers	7.15 a.m.
Wheelchairs	8.10 a.m.
Runners	8.15 a.m.

Please be honest with yourself! Start within the field that your form warrants.

The Course (See Map)

Many runners will be running this course for the first time therefore it is essential that you are aware of the course rules.

The course is entirely on road, (except for the section that passes under the bridge at King William Road). You should not cut across footpaths at the corners. Marshalls will be located at key points to direct you. There will be over 100 marshalls on the course to assist you, please thank them for the time they have given freely.

It is essential that you follow all directions given to you by the Police. They are there with your safety in mind and without their assistance we would not have an event.

Runners should show a little courtesy when being overtaken by a faster runner and move over to the left.

This course is traffic free all the way for runners estimating a finish time of 4 hours 15 minutes. This is 6 minutes per kilometre pace. A Police Courtesy Car will follow behind this group indicating where the traffic free section ends. Slower runners will be moved to the footpaths and also have to obey all traffic signals.

Without the co-operation of the South Australian Police Department there would not be a Festival City Marathon. Please show your appreciation to those Police Officers who have to work on the day. If you think that they have contributed to your event a note of thanks to the Commissioner of Police would be one way of showing your appreciation.

Spectator's Cars

There will be NO unofficial vehicles permitted on the course. The better viewing points will be where the course doubles back on itself.

Distance Markers

The course is certified to AIMS/IAAF standards and is exactly 42.195km long. You will find distance markers prominently placed every 1km.

Splits Callers

Splits will be called every 5kms along the course.

Toilets En-Route

Toilet locations are marked on the course map. (T)

Aid Stations (See also health and safety section and course map)

Thanks to Jeff Phillips and our sponsors, as we take great pride in the number and performance of our aid stations. There will be an aid station located both at the start and at the finish. In addition there will be 13 other locations around the course. Filtered water will be available at these stations and sponges. Australian Citizen Radio Monitors (A.C.R.M.) will be located at each aid station and at the finish area to maintain communications along the route. St. John personnel will also be available at each station should you need them. There will be tissues and Petroleum Jelly available.

Special Drinks (See aid station layout)

Special drinks must be placed in the appropriate boxes, which will be adequately marked and placed on trestle tables, immediately outside the Victor Richardson Gates of the Adelaide Oval. The boxes will be there at 6 a.m. and the vehicle will be transporting them to the appropriate aid station at 7.15 a.m. exactly. No drinks will be accepted after this time.

There will be a separate box for each aid station, which will be marked as such, and it will be up to you to place your drinks in the correct box. All drinks should be clearly marked with the runner's name and race number on it. Special drinks will be located on the first table as you approach an aid station. (See aid station layout)

Provision for Dropping Out

As the course is traffic free there will be no vehicles driving around the course, but if you feel that you can not continue then stop at an aid station and by courtesy of Bill Anschutz, and Frontline Ford, a small bus will be bringing up the rear and be able to transport you to a point near the finish area.

Avoid being unable to finish and drink early and often. Slow your pace in the early part of the race, particularly if you have averaged less than 100km per week in the 2 months prior to the race. Those participants aiming for the achievement certificates at 21.1km or 30km will need to arrange their own transport.

The Finish

Your time will be taken accurately as you cross the finish line. Watch the display clock as your check. You must stay in finish order whilst in the chute, until your tag is detached.

As you leave the finish chute you will be presented with -

A Finisher's Certificate,
A Finisher's Medallion and A Bag of Goodies.

Your finisher T-SHIRT will be available from the S.A.R.R.C. tent in the centre of the grassed area of Elder Park.

Photos & Video

To ensure good finisher photos DO NOT finish close behind another runner, move to one side, DO NOT look at your watch or stop running as you cross the finish line. Move quickly down the chutes and away from the finish line. SMILE - you will be on Canon camera!

Results

A full list of provisional results together with a pictorial record will be published in the Sunday Mail on the 6th of September. Reports will be published in the September issue of South Australia Running, (S.A.R.R.C. Journal) and the Australian Runner.

As soon as results are validated, all finishers will be mailed their official printed results, label and complete results list. You will also receive a proof photo of you finishing. This is usually within 3 weeks of the finish of the race. Remember you must check in at the start to be validated as a finisher.

Finish Services

Filtered water and sponges will be available at the finish area. Finishers will also receive their certificate and medallions by courtesy of the S.A. Keep Fit Association which will also be handing out a small bag of goodies. Light meals, snacks and fast foods will be available at a small cost in the finish area. For those who feel they must celebrate their big finish with a beer Noel Allen of the Hackney Hotel will be providing us with a beer booth on site.

There will be many other forms of entertainment for you and your guests in the finish area including "live music" in the amphitheatre area.

Medical Services at Finish

Medical services in the finish area will be staffed by medical personnel, paramedical personnel, St. John Ambulance Brigade, members of the Sports Medicine Federation and members of the Chiropractors and Masseurs Associations. Invariably they will spot you if you are in need of help but, in the event that this does not happen, ask an S.A.R.R.C. official!

Finish Area Fun Run - 4.2km

Commencing at 8.30 a.m. and starting and finishing in the finish area at Elder Park we will be conducting a low key 4.2km Fun Run for your friends whilst they await your arrival. There is no cost to enter this event and entry is on the day. The course will consist of a beautiful run either side of the river. Ask any S.A.R.R.C. official in the finish area as to how to enter.

Presentation Ceremony*

At 2.30 p.m. the presentations will take place in the main foyer area of the Festival Centre. Please join us in this setting for the presentations and also the random draw prizes. All awards will be on display near the dais during the morning.

Runners, Women and Men

1st A wooden sculpture by famous South Australian craftsman, Peter Carrigy

2nd & 3rd A beautiful handcrafted glass form with Festival Centre design made by the Jam Factory Glass Workers

4th to 10th Handcrafted glass paperweights with Festival Centre design and also made by the Jam Factory Glass Workers.

Wheelchairs, Male and Female

1st A handcrafted glass prize with Festival Centre design made by the Jam Factory Glass Workers

First South Australian Male and Female

For the first time this year the first South Australian man and woman across the finish line will receive special recognition.

Age Divisions - Men and Women

1st in each of the categories, U-21; 35-39; 40-44; 45-49; 50-54 etc. will receive a hand blown glass 150 Jubilee tankard by the Jam Factory Glass Workers.

Team Categories

The winning team in each category, Corporate, Sporting/Social, Service/Hospital, S.A.R.R.C. Team and Schools, will receive a hand crafted glass obelisk with Festival Centre design made by the Jam Factory Glass Workers.

Athletic Association of South Australia

The A.A.S.A. will award a special Jubilee trophy to the first registered male and female to finish.

* Only major trophy winners are to be presented on the day all other winners will be presented their prizes at our recovery run on Sunday the 6th or September, 1986, sponsored by Cleanaway.

Random Prizes

A great range of random prizes will also be drawn prior to the race finish. Please check the S.A.R.R.C. tent near the finish to collect prizes.

S.A.R.R.C./Frontline Ford Key Draw

The final of the S.A.R.R.C./FRONTLINE key draw for the fabulous Frontline Ford Laser Car. One of 12 heat winners keys will start and drive away this fabulous motor vehicle. You would have to share the excitement of this moment with the ultimate winner.

Special Prize

All people present at the presentation ceremony will be given tickets in a lottery type draw for a **MAJOR** prize.

Carbo Party & Post Race Dinner

See the separate insert which has all the details about each of these events.

Sponsorship

Please obtain sponsors, forms are available from S.A.R.R.C. All proceeds go to the Adelaide Children's Hospital and contribute to the care of many who will never have the opportunity to run.

On behalf of the Marathon Committee I wish each of you a successful and exciting day.

Warren Featherby,
Race Director

ROYAL LIFE HALF-MARATHON (Adelaide)

by Brian Chapman

The Australian Institute of Sport's Peter Brett made the Royal Life Insurance Half-Marathon on May 25th a memorable Adelaide homecoming for himself.

The 22 year old former Brighton High runner was a prohibitive favourite despite an indifferent showing at the World Cross-Country Championships, his debut appearance for Australia. The field, boosted to some 2,300 by the Race Against Time held in conjunction, assembled at mid-city Victoria Square in overcast, still conditions.

The women's division had no clear favourite though Jane Edmiston, first local in the 1985 Festival City Marathon, Chicagoan Susan Segraves and rising star Clair Bradley seemed the pick of the crop.

Notable absentees were Grenville Wood (just off to the Commonwealth Games), World Cross-Country trialist Nick Brown (leg injury), Olympian Donna Gould (bike racing!) and international Desiree Letherby (en route from the Texas Jubilee 150 Marathon which she won - overall!!!).

The organising South Australian Road Runners Club produced its usual spectacular and festive start with City mayor Jarvis gunning the runners off along King William Street's downhill first mile. Surprisingly, state cross-country representative Jim Mack, made much of the early going with South Australian road racing champion (and 1984 winner here) David Dowd and ex-Queensland ace Peter Bourgaize camped in behind Brett (5km in 15.07).

Edmiston, racing for the first time in months, pressed early to lead two-time international cross-country rep. Maureen Moyle and passed Heather Ashcroft by up to 50 metres. The seventh kilometre along flat War Memorial Drive saw winning moves in both divisions. Brett maintained his strong early pace while Bourgaize (just back from the Anzac Marathon in Sydney), then Dowd and Mack wilted.

Chasing hard were Ouyen's marathon star Bernie Kelly, triathlon champion Malcolm McKay, 2.23 marathoner Ian Olifent and unheralded, Whyalla 29 year old, Eddie Hughes.

Then came state marathon champ. Joe Petkovic with super-vet Peter Hooper; middle distance standout Paul Sutcliffe; South Australian rep. Ian Hill; improving youngster Paul McKaskill and Jonothan Abrahams; Mildura's Greg McMahon, Glen Davie, unknown Ken Sweeny and veteran Brian Hicks. In the women's race Ashcroft, only running the first 10km's for the Race Against Time, led through 7km just 10 metres ahead of Moyle and Edmiston.

Then it was Bradley, Segraves, Wang top 10 placer Wendy Hendricks, unknown Karen Banks, from Canberra, S.A.R.R.C. women's champ. Denise Ardlie, consistent Jill Crump and junior Kerran Oates.

As the race progressed Brett made every post a winner passing a "long" 10km marker in 31.00 and 15km in 46.30.

He received a standing ovation (everyone does!) at the finish from the parochial crowd and immediately announced plans to annex two or three state cross-country titles before attempting September's Royal Life final in Perth (a trip which was his prize).

Physio Mack finished solidly enough considering his early impetuosity while Dowd (4th) and the enigmatic McKay (5th), a qualified doctor, also impressed.

Kelly (3rd) and McMahon (9th), both Victorians, came through the field well, but Olifent was a suffering 11th at the end.

"Finds" of the race were Hughes (7th), a 14.58 (5,000m) track man, and "serious fun runners" Ken Sweeny (14th) and Edward Darby (15th).

The women's result was a sensation as former national junior cross-country silver medalist Ashcroft decided to keep running after still finding herself in front at 10kms.

The 19 year old Ashcroft, forced into triathlons after more than a year of crippling shin splints and joint soreness, eked out an 80 metre lead over her pursuers between 7 and 14kms, at which point the flu-affected Moyle pulled out.

The PE student, who had ridden her bike 25kms to the start, then stormed home well clear of the promising Bradley and a back-to-form Hendricks.

The unheralded Banks (6th) was the revelation of the race while little known Lucinda Clark (10th) also looks to have a future.

MEN

1. Peter Brett	64.56
2. Jim Mack	67.46
3. Bernie Kelly	68.04
4. David Dowd	68.44
5. Malcolm McKay	69.02
6. Peter Bourgaize	69.27
7. Eddie Hughes	69.41
8. Joe Petkovic	69.48
9. Greg McMahon	70.11
10. Ian Hill	70.33
11. Ian Olifent	71.10
12. Peter Hooper	71.16

WOMEN

1. Heather Ashcroft	82.22
2. Claire Bradley	84.36
3. Wendy Hendricks	85.11
4. Susan Segraves	85.13
5. Jane Edmiston	86.50
6. Karen Banks	86.52
7. Denise Ardlie	89.13
8. Julie Cummings	90.30
9. Jill Crump	90.30
10. Lucinda Clark	92.50
11. Jenny Flood	92.45
12. Kerran Oates	92.53

MARATHON TRIVIA

In 1982 at Honolulu, Donald Davis ran the marathon distance **backwards** in a best ever time of 4 hours 20.36 minutes!

The **oldest male** runner to complete a marathon was the Greek runner Dimitris Lordanidis, who was 98 years old when he ran from Marathon to Athens in the Popular Marathon in 1976, recording a time of 7 hours 33 minutes! He holds the fastest time for anyone over the age of 90 as two years previously he covered the same course in 6 hours 42 minutes.

The **oldest female** runner to complete a marathon is Ruth Rothfarb who made her debut over the distance in 1981 at the age of 80. She did not start running until aged 72 and recorded her best time of 5 hours 29.06 minutes at Miami in January 1982 at the age of 81!

The **most marathons** run in a year are 53 by Jay Helgerson (USA) who completed a marathon every week for 52 weeks between 28th of January, 1979 and the 19th of January, 1980. In one weekend he ran two marathons, discounting the first as he was ill! His total included two ultra-marathons. He ran at Boston, New York and the AAU event among others and his best time of 2.45.54 was only three and a half minutes outside his personal best set in 1977.

The **slowest** marathon! Overcome with heat exhaustion during the Stockholm marathon in 1912, Shizo Kanakuri was tottering past a villa on the outskirts of Tureberg when he noticed people in the garden with tall glasses of orange squash. Kanakuri begged a sip, then a glass, then another glass, and ended up taking the train back to Stockholm. But shame overcame him and he did not, like some others, rejoin the runners; instead he spent the night in a hotel, and slipped away without telling anyone what had happened. He took the first boat back to Japan. His disappearance was a mystery at the time.

In 1962, a Swedish journalist tracked Kanakuri to Tamana in Southern Japan, and Kanakuri decided to go back to Sweden and finish the race, revisiting the villa where he had stopped. A slow marathon - 54 years, 8 months, 6 days, 8 hours, 32 minutes and 20.3 seconds - but as Kanakuri pointed out, he had acquired en route a wife, 6 children and 10 grandchildren, all of which takes time!

Famous Last Words?

"...actually, I didn't find the run from Marathon was all that difficu.....!"

Mr. Pheidippides, Athens, 490 B.C.

BRUCE ABRAHAMS

From its inception in 1981, the South Australian Road Runners Club and Bruce Abrahams were synonymous. Bruce has contributed much, in both voluntary and paid positions, to S.A.R.R.C. over this period.

He was Race Director of the Festival City Marathon from 1979 to 1985 and in that period extensively promoted running for fitness and fun. He nurtured the growth of S.A.R.R.C. to the extent that it's current membership makes it the largest in Australia.

The energy and drive which Bruce contributed have provided members with an active programme of events well received by both the corporate sector and the community in general. Aided by his wife, Elva, Bruce promoted the participation of women in running, the success of which is borne out by the high membership of women and their participation in the Festival City Marathons and other events.

The Club wishes Bruce well in his new venture and, of course, in his running, which members should note, is much more regular now that the demands of the General Manager's job are behind him.

Thank you Bruce for all your contributions.

WELCOME TO ERIC RUSSELL

Eric Russell, MBE, comes to the club as our new General Manager with an impeccable list of qualifications and experience which match the challenges of the position.

Most recently, Eric was Games Director of the Mutual Community 14th National Wheelchair Games. In this capacity, he was responsible for the composition, presentation and final negotiation of sponsorship proposals to the corporate sector and the media.

At the international level, Eric has been responsible for the organisation and direction of the Athletics sports section of the World Wheelchair Games. In this role Eric directed the Wheelchair races held in the 1984 Los Angeles Olympic Games.

As a result of a car accident in 1971, he became a paraplegic. Since then Eric has had an outstanding list of achievements in Paraplegic sports. From 1974 to 1980 he represented Australia 9 times, winning 22 gold medals and breaking world records in 11 of those 22 competitions. In addition, he has completed 5 marathons, including 2 Festival City Marathons.

Eric's commitment to sport and his proven management and administrative skills will ensure that S.A.R.R.C. continues to develop and grow in the South Australian community.

Welcome Eric.

Marilyn Davis

IMPRESSIONS OF MY LAST TWO MARATHONS

by Max Griguol

Budget Australia (Sydney) 8/6/86 and Pichi Richi (Pt. Augusta) 6/7/86

By now, anyone who has read the recent Club footnotes knows that in my opinion the Sydney Marathon course has more hills than Hardings crumpets have holes.

The course is not entirely traffic free (carbon monoxide fumes from cars) waiting for traffic lights and some boring scenery after the first 14kms, are some of the drawbacks. Consequently 3 hours 48 minutes 53 seconds for the Sydney Marathon disappointed me, considering the extra training I put in, plus abstinence from wine, which has been a staple part of my diet.

On the other hand the Pichi Richi Marathon was a run I decided to do, at the last minute, and I loved it.

The family and I arrived at Pt. Augusta on Saturday afternoon after a pleasant four hour drive and to my surprise I ran into many familiar faces from S.A.R.R.C. I asked how hard the Pichi Richi run would be and all agreed that it was tough, so I thought to myself "Hell! it's going to be a four hours plus marathon, but at least this time I'll have family support, plus my survival kit - one bottle of wine."

At the 19km mark, my wife and children passed me in the car and gave me a wave, as I tackled the hills which loomed up at this stage. At the 21km, we had lots of encouragement from the Half-Marathon finishers, 25km drink stop; I decided to drink some water although my wife asked "Would you like some wino?" but at 9.45 a.m., it was a little early yet.

When I got to the 30km mark, I was ready for the "wino", but my wife was nowhere in sight. "Oh well Max, my boy" I thought, "definitely at the 35km, I'll get my drink"; but in the meantime the hills were still there, and my legs were getting tired, but felt encouraged as others I had spoken to said that from that point it was all downhill.

I saw a red car coming towards me, Hurray! it's mine, so I motioned to my wife to stop, but she bloody well didn't. She gave me the royal wave and said "only 4kms to go, you're looking good", and went on her way to wait for me at the finish. So in spite of the fact I never got my "wino", I reached Quorn in pretty good shape and did the 42.2kms in 3 hours 42 minutes 03 seconds which was 6 minutes better than Sydney.

To sum it all up. The view was terrific, the air clear and I'm looking forward to the run next year.

THE UNIQUENESS OF THE CHIROPRACTIC APPROACH

Holism is the theory that the determining factors in nature as a whole are irreducible to the sum of their parts. Man is still a mystery even after we add up all his tissues, organs, and systems in the laboratory. Chiropractic recognizes this in its approach to health care.

A Holistic Approach to Health Care

As structure cannot be separated from function in man, neither should health care fail to recognize man's unification. Our bones are more than supports, our muscles are more than pulleys, our nerves more than wiring, and our vessels more than fluid conduits. Health care must embrace this structure/function viewpoint, not only in its practical application. In reality, the current use of ultrasonics is that of manipulation at the molecular level. What can be done to one part of the body or to one function of the body that does not have far-reaching effects in distant parts and functions?

The recognition that the human body has inherent healing powers is common to all ages and cannot be separated from considering man as a total unit. These principles are ancient in origin; what is new to this century is chiropractic's re-emphasis of the doctrines of Hippocrates. Just as life is defined as the ability to respond to a stimulus, health in man must be considered the ability to adapt to internal and external stress. To neglect natural healing forces is to shun natural recovery-manpower reserves.

It would be extremely rare if not impossible to find a person ill from a single, specific disease entity such as a stomach ulcer. Is not the ulcer the result rather than the cause of the disorder? While surgical removal may be advisable in advanced cases, it does not mean that the conditions allowing the formation of the ulcer in the first place have been removed. Yet, post-operative chiropractic therapy has not been utilized to its maximum. This is unfortunate.

It is a rare neighbourhood which does not have its number of people who have had numerous operations by numerous surgeons who have made numerous incisions which resulted in numerous adhesions to remove the numerous by-products of failing organs, while the cause of the failure continues on its nefarious path to be displayed in numerous types of adverse expression - symptoms, signs, and syndromes. Chiropractic believes there must be more to health care than the numbing of pain, the camouflaging of symptoms, or the removal of pathological debris.

The relationship of bio-mechanics to bio-dynamics has been emphasized by the chiropractic profession for almost a century, yet there is still need for more objective research to support clinical observations. Evidence of the importance of removing and preventing spinal subluxations and fixations is growing each year, as the nervous system maintains a primary role in integration of all body systems.

The Chiropractic Cup Marathon Forum on Sunday August 31st

ELDER PARK

TIME 8.00 a.m. Onwards

(Forums & Assessments by A.C.A. Chiropractors on posture & sports injuries)

**Come along this is a family affair - ask us plenty of questions
and experience practical and wholistic advice.**

FURTHER ENQUIRES

C.I.B. (CHIROPRACTIC INFORMATION BUREAU)

276 7319