

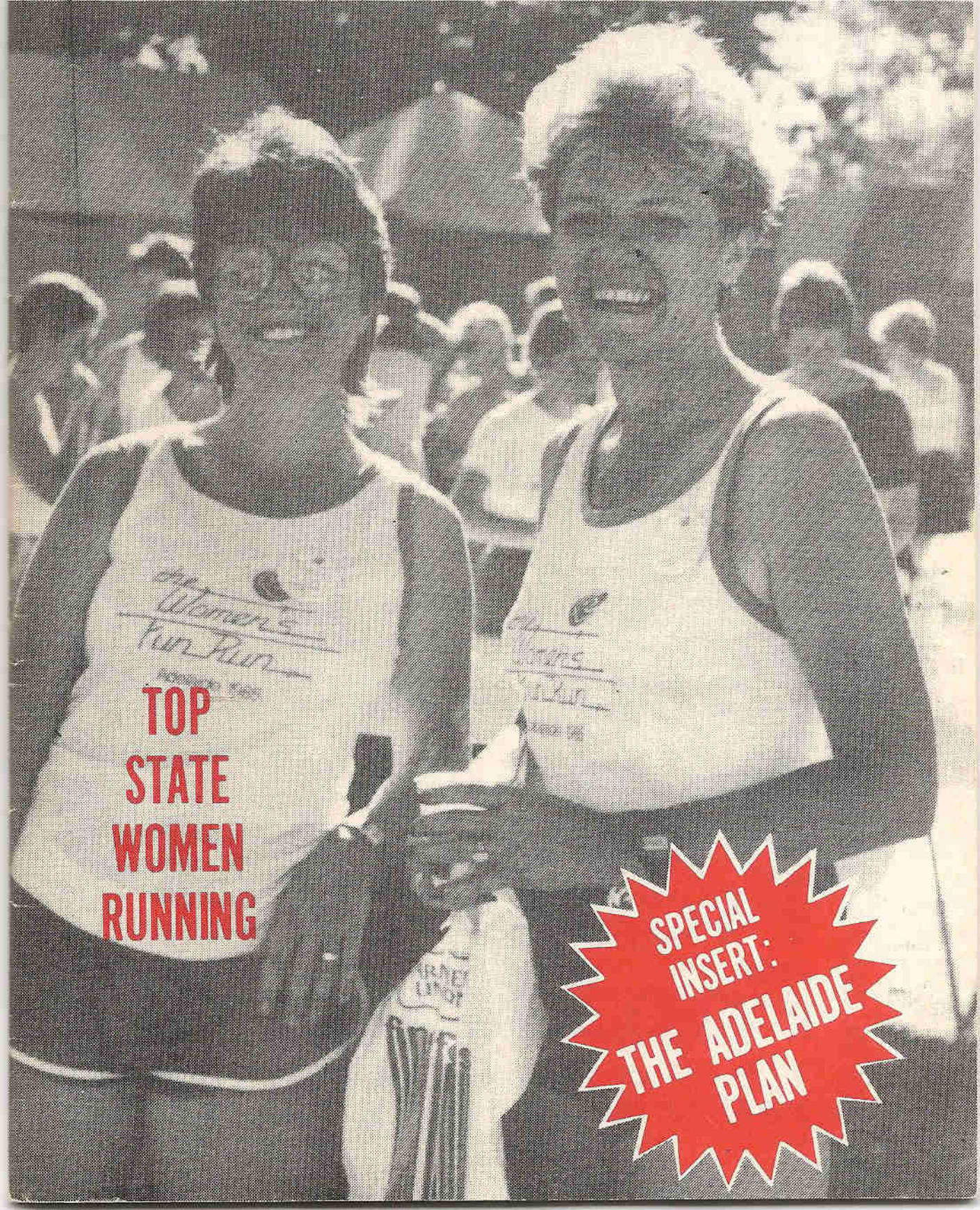
SOUTH AUSTRALIA

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**

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.)
- "Glenelg 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



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.

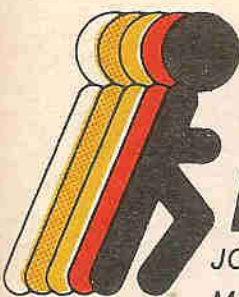
ENTRY FORMS ALL FOODLAND STORES

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



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

SOUTH AUSTRALIA



RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 15

March 1986

Registered Australian Post Publication No. SBQ1998

JUBILEE ISSUE

150



1836 SOUTH AUSTRALIA 1986

Sponsored by

Standard  Chartered



Assisted by the South Australian
Department of Recreation and Sport

GENERALLY SPEAKING

Having been associated with the Club from its pre-formation stages and as first President (1980-85) until changing role in January 1985 to first full-time General Manager, naturally I have derived great pleasure and pride in the Club's achievements.

The club certainly has been a major influence in my life and that of my family — likewise the skills, experience and contacts I have gained have led me into the exciting world of sports/recreation promotion and administration.

My own pleasure and enjoyment in the Club and the success of the Club has always been associated with the many, many volunteers who have worked to build the Club to its maturity in 1986. I guess there are around 200 workers now involved in the various projects and programmes of the Club — Instructors, Organisers, Office volunteers, Race officials, Journal contributors etc. These people are the lifeblood of the Club.

"South Australia Running" has also developed from the early days. Initially called "Festival City Runner" it was always a central part of membership benefits — a quarterly journal providing information and a record of the Club and running in South Australia.

This issue is the most ambitious we have attempted and I would like to thank the South Australian Department of Recreation and Sport, and Standard Chartered for their assistance and sponsorship.

It is appropriate that the Club has attracted both public and private sponsorship (governments of course, call it "grants"), because SARRC is a community organisation offering a real community service.

Our Club is now an acknowledged leader in community fitness at many levels — not only to our members and race entrants, but also to our sponsors, sporting clubs, service organisations and charities. We are contributing to the quality of life of South Australians and helping raise our State's profile both nationally and internationally.

I wish the Club continued success and I look forward to running in some of its future major events. See you!

Bruce Abrahams
General Manager (until March 31)

SOUTH AUSTRALIA

RUNNING

A journal of the



No. 15 MAR/APR/MAY 1986

Journal Contributions: Stella Emberson, Kevin Lynch, Lynne Daniels, Geoff Davis, Mary Hartley, Clive Stevens, Gary Nichols, Leon Seide, John Stark, Malcolm Mackay, Leanne Osborne, Lyn Barnett, Ian Hill.

Managing Editor: Bruce Abrahams.

Assistant Editor: Stella Emberson.

Acknowledgements: Bronte Turner, The Sunday Mail, The News.

Publishers: S.A. Road Runners Club Inc., GPO Box 591, Adelaide 5001.

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Telex: Telecom AA88765/No. AD677.

SARRC Board: Marilyn Davis (Pres), Christopher Acton (V-Pres), Geoff Davis (Treas), Jayne Taylor (Sec), Margaret Jarvis, Kevin Lynch, Christopher Mangan, Fay Nichols, Neville Snook.

Office Manager: Jennifer Tod.

Clerical Officer: Bette Sims.

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CLUB DEVELOPMENT

NEW CONSTITUTION APPROVED

The Special General Meeting of members on the 26th February at the YMCA, Flinders St. approved a new constitution of the South Australian Road Runners Club.

The old constitution (with amendments) had been in force since formation of the Club in October, 1980. The new constitution was drafted by Board member, Kevin Lynch, discussed and amended by the Board before presenting to members at the meeting where several points were again amended.

The new constitution is now a professionally worded and consistent document reflecting the Club's six years' growth and providing a firm basis for sound management.

Significant changes are:—

MEMBERSHIP

The constitution now defines two new classes of members:—

— **Associate Members.** These are

honorary and meant to apply to visitors to Adelaide for short periods (e.g. Rob De Castalla).

— **Life Members.** Conferred by the AGM for outstanding service to the Club. No more than two Life Members to be appointed each year. Only the Board may nominate a member for life membership.

FEES

The annual fee is applicable to the financial year (Oct 1 to Sept 30) with 3 months grace (to Dec. 31) before the member is deemed unfinancial. Now, the Board, not a Special Meeting, has the power to set fees or portion of an annual fee (e.g. for a half year).

Special General Meeting

Can now be called by a petition in writing from at least 50 financial members requesting such a meeting and giving notice of the matters to be discussed.

Copies of the New Constitution are available from the SARRC office for 50¢ or \$1.50 (posted) including the Development Plan.

FINANCIAL UPDATE

by Geoff Davis, SARRC Treasurer

As the Club has grown in members and services, the financial side has become both larger and more complex. In 1985, gross transactions of the Club were over \$300,000 and 1986 looks even larger.

Thanks to the good work of Clem Graves, my predecessor as Treasurer, each activity (being either a race, training programme, journal etc.) has a separate budget and its receipts and expenditure performance are measured against that budget.

The fixed administration costs of running the Club, such as salaries, rents, computer, postage and overheads have been allocated to each activity to ensure that all expenses are covered. This system gives the Board a clear picture of the financial performance at any given time.

Because of the excellent work of Bruce Abrahams and the office staff with enthusiastic promotion and good administration, membership receipts and early entries have placed the club in a very



pleasing financial situation half-way through our year. We have \$62,000 on deposit at high interest with Standard Chartered, one of our major sponsors. Naturally much of this money is committed, but the additional interest income is indeed welcome.

The other pleasing feature of the year financially is that all major cash sponsorships are in place (even though we are always looking for minor sponsorships, particularly of essential goods and services). Hence our plan to operate at a surplus for the year is well on target.

MAJOR EVENT SOUTH AUSTRALIAN JUBILEE 150

FOODLAND



Jubilee Festival City Marathon

August 31, 1986

Sunday Mail



Adelaide Press

Training guides available.

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)

Member



Association of International Marathons

AIMS

sponsored by adidas



SARRC
EVENT

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

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.

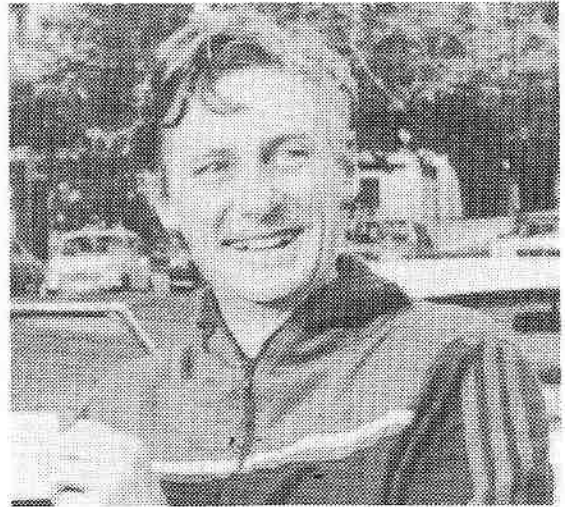
Clem Duncan braved the potholed roads and 74 degree heat to lead at the half-marathon point (Glen Osmond) in 92 minutes.

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 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)



Premier John Bannon the only runner who has run all seven Festival City Marathons under 3 hours.

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 marathoning 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 precluded 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 other 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: eg. 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 Neville Clarke) and 3 mile junior (won by a Kerry O'Brien of Port Augusta) events starting from the Parade Ground and 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 from 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 two 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 to 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.

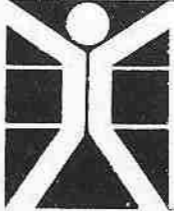
Each race continued something to the tradition of drama surrounding the event: e.g. the last minute venue change in 1972 caused by a petrol strike, the shock 1974 win by mediocre youngster Grenville Wood in 2.37.42, and the sensational

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 emergency 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".

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\$59 (LESS 10% FOR SARRC MEMBERS)

HOW IT WORKS

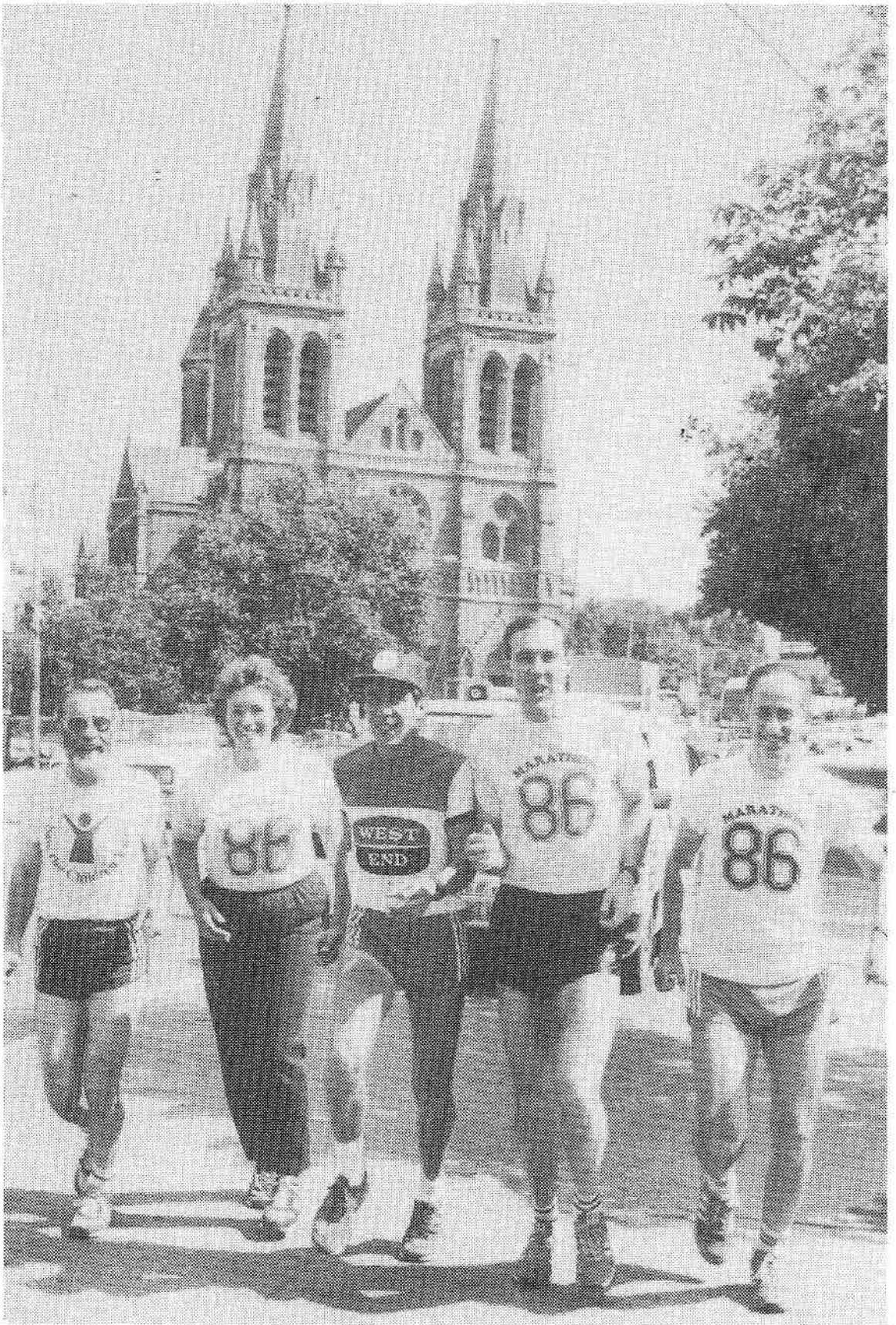
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Marathoners all - at the start line of the Foodland Jubilee Festival City Marathon. Gerald Hinton, Nona Rutherford, Henry Weston, Rod Rutherford, Bruce Abrahams. Henry was passing through Adelaide in his run around the world. Rod and Nona are from Christchurch, New Zealand (Adelaide's city city). Rod is Race Director of the City of Christchurch Marathon and Half Marathon (June 1). Both Rod and Nona will be back in Adelaide in August for our Jubilee marathon. -Photo: Sunday Mail.

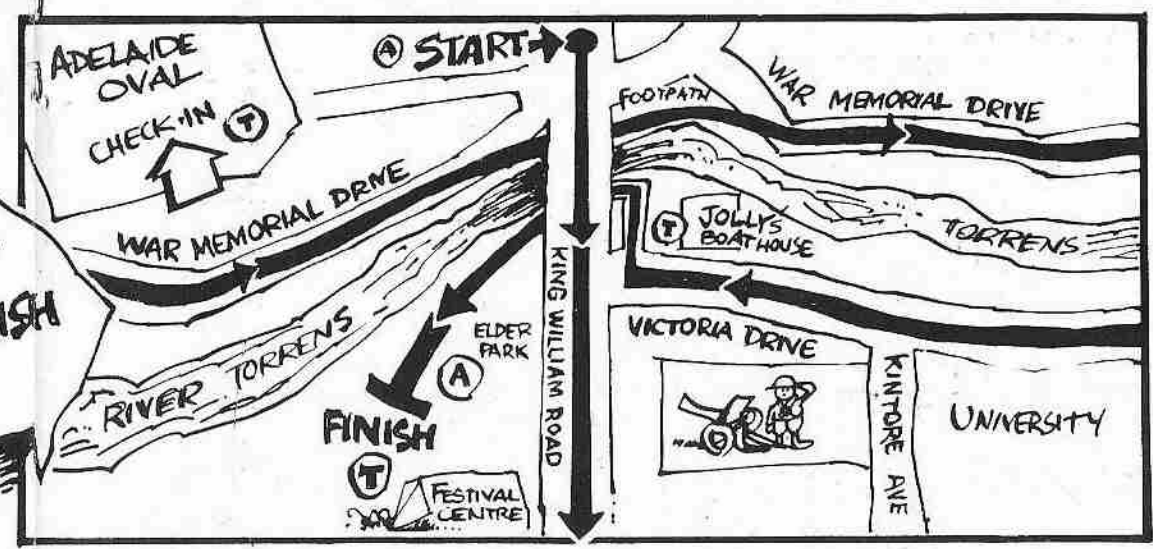
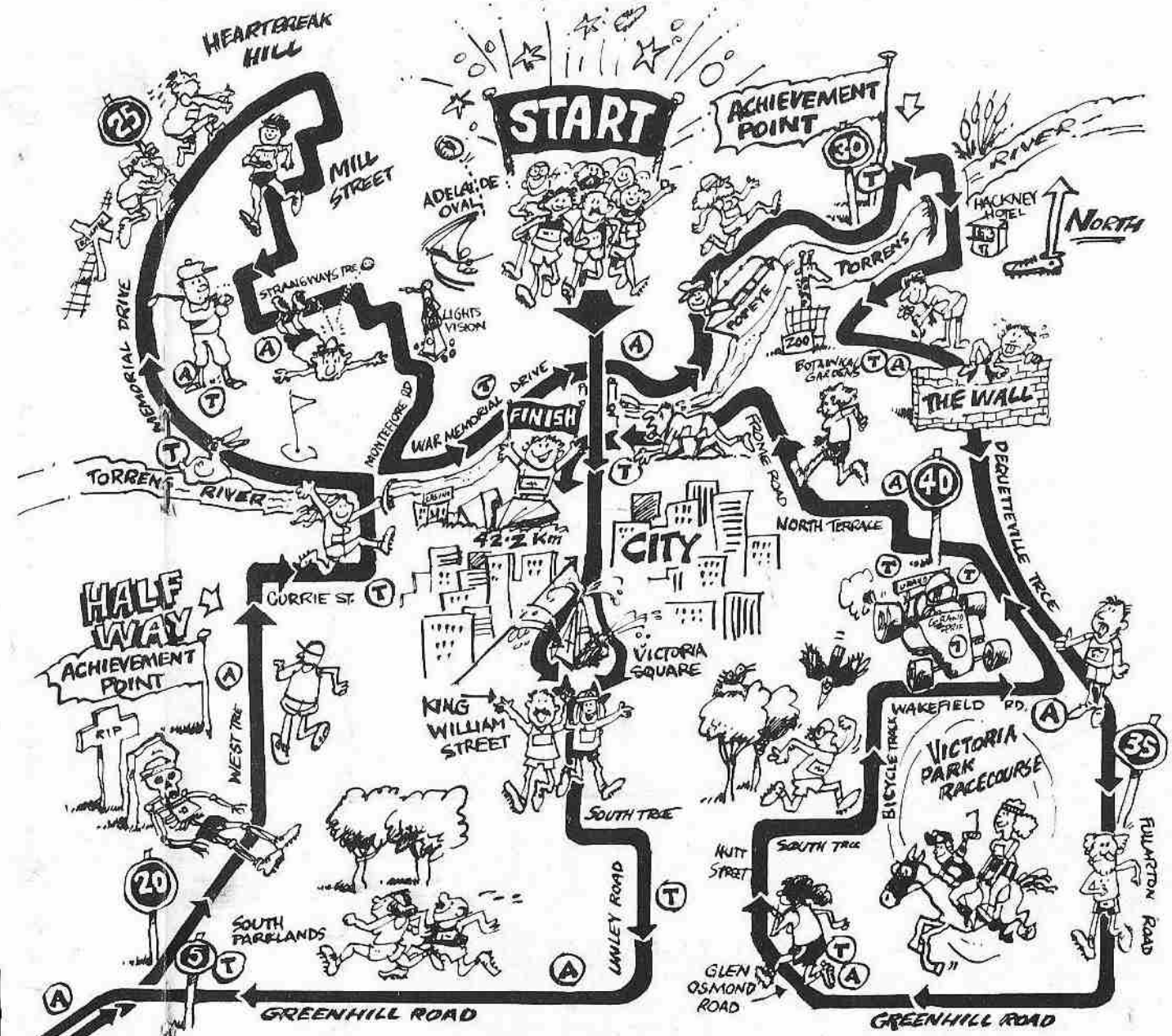
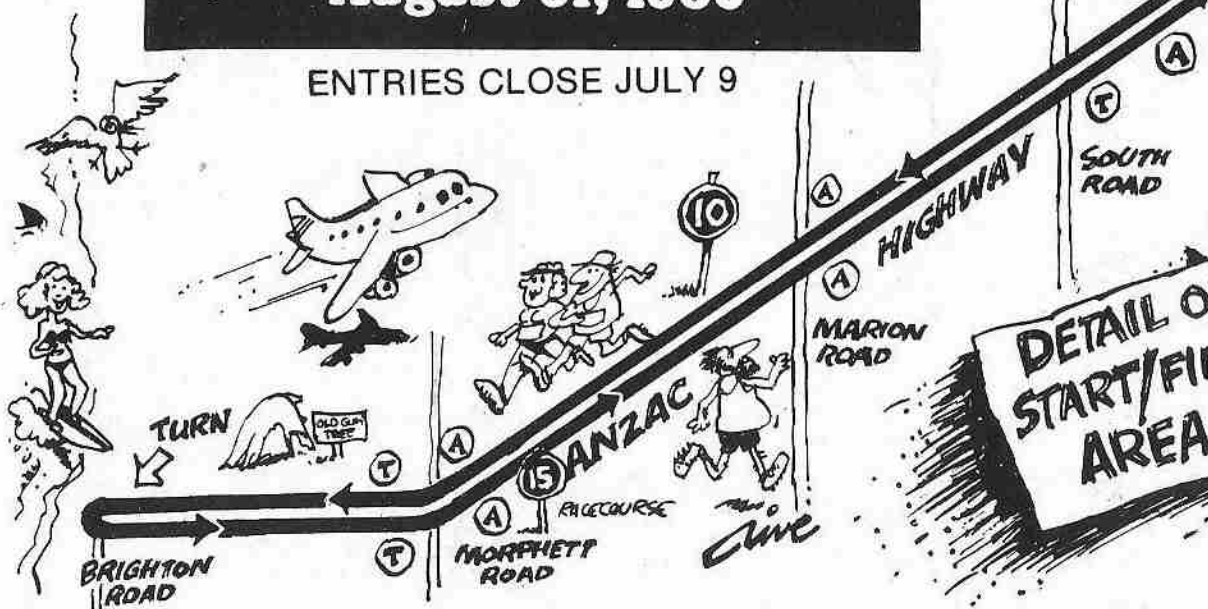
THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB
PRESENTS
AUSTRALIA'S FRIENDLIEST MARATHON

FOODLAND



Jubilee Festival City Marathon
August 31, 1986

ENTRIES CLOSE JULY 9



KEY
 (A) AID STATION
 (T) TOILET

This map is available as a 3 colour poster.

SUNDAY TRAINING

MARATHON CLINIC PROGRAMME

7.45 am, Bunday's Rd, North Adelaide (exceptions noted). Following the Speedy Mufflers "Adelaide Plan" training for the **FOODLAND JUBILEE FESTIVAL CITY MARATHON** (August 31).

Compiled by the SARRC Sunday Committee. Convenor, Kevin Lynch (Phone 344 7823).

Date	Approx. Distance km.	
MARCH		
16	17	South Parklands Trails
23	10/17	River Run - Port Road to Joslin (Battams Road Cnr). "Chiropractic Cup"
30	14	(EASTER) Hazelwood Park
APRIL		
6	20	Darly Road via Torrens Valley ALSO City to Port 15km
13	21.6	Brownhill Creek Camping Ground
20	20	Heritage Run around City
27	10	adidas Jubilee 10km (Glenelg)
MAY		
4	up to 23	Second half of Marathon
11	24.3	Morialta (via Torrens Valley)
18	20.8	Lower Mitcham (via Hazelwood Park)
25	21.1	Royal Life Greenbelt Half Marathon
JUNE		
1	23.4	Waterfall Gully
8	up to 27	West Beach
15	28.8	Brownhill Creek - Top Gate
22	24.3	Morialta (via Torrens Valley)
29	10/25	Speedy Mufflers 10/25
JULY		
6	23.4	Waterfall Gully
9 (Wed)		MARATHON ENTRIES CLOSE
13	20/28	Clarendon Run or Brownhill Creek (Top Gate)
20	up to 30	Last Half of Marathon
27	15/30	Glenelg 15/30 (Glenelg)
AUGUST		
3	30	Port Road to Darley Road or Morialta (24.3)
10	26	Glenelg
17	27	Last Part of Marathon - "Officials Marathon"
24	17	Port Road River Run to Joslin or Brownhill Creek (28.8)
31	42.2	Foodland Jubilee Festival City Marathon
SEPTEMBER		
7	10	Cleanaway Recovery River Run

"THE CONTINENT CARVERS"



ultra relay runners

"WANTED"

Experienced distance runners male and female required for relay run from Adelaide to Darwin. Start in Adelaide Monday 14th July, 1986. Arrive Darwin Friday 25th July, 1986.

AIMS OF RELAY:

1. Promotion of Fund Raising for Spastic Centres of S.A. Inc.
2. An event celebrating the S.A. Jubilee Year.
3. The challenge of crossing the continent from South to North with a mixed relay team.

CONTACT: Graham Hosking 268 9033 A.H. 251 1390
Stan McCartney 268 4222 A.H. 43 6156

OR: P.O. Box 177, North Adelaide 5006.

LETTERS ● LETTERS ● LETTERS ● LETTERS

TELEX

TO: BRUCE ABRAHAMS, ROYAL LIFE
HALF MARATHON ADELAIDE GREEN-
BELT.

FROM: TERRY COLTON, SPORT AID,
LONDON.

THE GOOD NEWS IS THAT SPORT AID AND THE "RACE AGAINST TIME" IS BEING OFFICIALLY LAUNCHED WORLDWIDE WITH A MAJOR INTERNATIONAL PRESS CONFERENCE AT THE PARK LANE HOTEL IN LONDON ON WEDNESDAY, MARCH 5TH AT MIDDAY.

BOB GELDOLF WILL ANNOUNCE THAT BAND AID IS JOINING HANDS WITH UNICEF, THE UNITED NATIONS CHILDRENS FUND, TO SUPPORT WHAT WILL BE THE BIGGEST RUN THE WORLD HAS EVER SEEN - AND THE BIGGEST FUND RAISING EVENT FOR AFRICA SINCE THE HUGE SUCCESS OF LIVE AID LAST YEAR.

THE "RACE AGAINST TIME" WILL BEGIN ON MAY 17, WHEN IT IS PLANNED THAT AN AFRICAN RUNNER CARRYING AN OLYMPIC TORCH - SYMBOLIC OF THE MESSAGE OF AFRICA - WILL LEAVE FROM A REFUGEE CAMP IN ETHIOPIA OR THE SUDAN AND OVER THE NEXT 7 DAYS WILL RUN 10K THROUGH THE CITIES OF ATHENS, ROME, PARIS, AMSTERDAM, WEST TO EAST BERLIN, PRAGUE, MOSCOW, STOCKHOLM, COPENHAGEN, BRUSSELS AND LONDON. ON THE MORNING OF **SUNDAY MAY 25** THE FINAL DAY OF THE RACE AGAINST TIME, HE WILL RUN THROUGH NEW YORK TO THE HEADQUARTERS OF THE UNITED NATIONS. ON WHAT WILL BE THE EVE OF THE FIRST EVER GENERAL ASSEMBLY DEBATE ON AFRICA, HE WILL DELIVER HIS MESSAGE AND LIGHT THE SPORT AID FLAME, FIRING A ROCKET THAT WILL START GROUPS OF RUNNERS ALL ROUND THE WORLD RUNNING FOR AFRICA. THE EXPLOSION OF THE ROCKET WILL BE SYNCHRONISED WORLDWIDE LIVE ON TELEVISION AND RADIO. YOUR COUNTRY WILL BE PART OF THIS GLOBAL TELEVISION EVENT.

BEST WISHES FROM US ALL AT SPORT AID AND THE "RACE AGAINST TIME".

Editors' Note: Whereas the Adelaide Children's Hospital is the Official Charity of the Royal Life Half Marathon, the event will be part of the worldwide Telethon on Channel 2 raising money from viewers for African Famine Relief.

●
Apropos your summary of the Big M Marathon in the December/January issue, you may like to note another achievement by an SARRC member.

Although I failed to notch up a PB, I did manage to win the M50/54 Division with a time of 2.42.50, finishing just outside the first 100 home.

This capped off what was a reasonably good year of 2.45.40 in the West Lakes marathon (9th overall and winner of the M45/49 group), 2.48.17 in the Festival City (33rd overall and winner of the M45/49 group) and 1.17.47 in the Greenbelt half-marathon (54th overall and again winner of the M45/49).

I moved up (or is it down?) into the M50 category in September and I'm wondering if the Big M result means runners, like wine, actually improve with age?

What have other oldies found?

Tony Berry, Kings Park.

●
A short note of thanks. Mary sent me the London Marathon Medal which you bought back for me from your recent visit to London. As you can imagine I was thrilled and most grateful - as no doubt you had a very busy schedule.

I have entered the 1986 Adelaide Marathon and am spreading the word - wearing the T/shirt - Marathon 86 telling everyone what a great marathon Adelaide puts on and how wonderfully warm and friendly the people are. So maybe I'll see you in August 86, till then thanks a million!

Best wishes for 1986.

Mary Dickman, Charlestown NSW.

●
Hello! I got your name from Sue Slack in New York City. She is the NYC World Runners representative I have been in contact with about a project I would like to undertake. I may need your help in organizing this project.

I am planning to run across Australia during the months of late August through January 1987, from Sydney to Perth along the Eyre Highway. I plan to arrive in Perth

LETTERS ● LETTERS ● LETTERS ● LETTERS

during the America's Cup. I am now working on raising private and corporate sponsors to donate funds to UNICEF for ending world hunger.

I am therefore seeking the help of all New Zealand and Australian World Runners who might have ideas about ways to go about accomplishing this project. My two main problems are: 1) Transportation and 2) A driver. I may need a support group of various vehicles and drivers. I would appreciate any assistance you can give me on these two problems!!

I have lived in Australia's Outback and run competitively for 10 years. I know this will be quite a challenge!

Enclosed is my project proposal, resume and route mapped out that you may want to look over for further details of my "Across Down Under" Project.

I will anxiously look forward to hearing from all of you concerning this long, long .. Run!! Please do write and give me some of your World Runners' input and brilliant ideas on how to successfully carry out this project!

Many thanks and appreciation for your assistance!!

Sincerely,
Sarah C. Fulcher.
 433 Chesterwoods Circle
 High Point, Nth. Carolina
 27260 U.S.A.

Details of Sarah's proposal are at the SARRC Office.

A brief note to say thank you for your support and encouragement given to Mary and myself in the Women's 10km Classic, also for including us in your programme which was an experience I shall not forget.

Wishing your club all success for the future.

Ruby J. Smith. Age 65 yrs.

I am writing to express my thoughts about the "Women's 10 km Classic" held December 1st 1985. I enjoyed running in the event and felt that the atmosphere was great. I normally don't enjoy segregation, but I felt that the women's run was an opportunity for us to have some favourable attention without being set apart.

I would also like to thank the organisers

for the standard of the event. There is however one aspect that detracted from the quality of the run. I am pleased to see such a number of women getting involved and undertaking fitness programmes, but the walkers on that day did not show consideration for those who were running. During the last two kilometres, a large number of the walkers strung themselves out along the Botanic Park Road leaving the runners to call out and for thread their way through. Please, let's keep encouraging people to come out and be involved; start by walking, Sure! but could it be requested for the walkers to leave some space on the left, say for those running to pass.

Generally speaking, I enjoyed the event and look forward to the 1986 Womens Classic.

Candi Charles, North Unley.

I would like to extend the deepest heartfelt thanks and appreciation from myself, and my family for the many messages of sympathy, and floral tributes, received from members of the SARRC following the sudden and tragic loss of my beloved wife Patricia.

It is most gratifying to realise that Pat, who loved people so much was loved and respected by so many in return.

Thank you and God bless you all.

Viv Edwards, Elizabeth Vale.

As you can see from my address I am now residing in Queensland and can expect to be here for several years. The Queensland Marathon and Road Runners Club exists here but lacks the promotional skills of SARRC. Unfortunately because of the narrower roads it is unsafe to run alongside roads here and the Club is virtually restricted to laps of a 5km course at the University. Runs commence at 6am during the warmer more humid months and at 6.30am during cooler months. I used to think it was hard getting ready for SARRC runs on Sunday mornings.

The purpose of my letter is to extend my thanks to the SARRC for the programmes over the last couple of years which allowed me to improve from nothing to completing the marathon.

Darryl Chrisp,
Enoggera Milpo Qld.

STATISTICS ● STATISTICS ● STATISTICS

FESTIVAL CITY MARATHON YEAR BY YEAR

	1979	1980	1981	1982	1983	1984	1985
Entrants.....	695	909	918	1176	1564	1840	1441
Starters.....	525	726	739	929	1384	1550	1215
Finishers.....	464	691	707	878	1330	1458	1122
% Finished.....	88%	95%	96%	95%	96%	94%	92%
Sub 3 hrs.....	24	69	76	59	170	198	126
Average Time....	3.49:50	3.36:35	3.39:00	3.49:25	3.39:50	3.34:10	3.39:57
Women Entrants..	27	52	89	113	164	208	175
% Women Entrants	3.9%	5.7%	9.7%	9.6%	10.5%	11.3%	12.1%
1st Time Entrants.		522	437	548	828	772	n.a.
% 1st Time.....		60.7%	47.6%	46.6%	52.9%	42%	n.a.
Interstate/ Overseas.....		24	70	89	76	215	229

There are a total of 6650 finishers in all seven marathons out of 7068 starters (a 94% finish rate) and 8543 entrants including 828 women.

Of course, many have run more than one. We haven't checked **exactly**, but there are probably around 3000 runners who have run **at least one** Festival City Marathon.

How Many Have Run all Seven?

We publish a letter from one of them, Ian Hill, who is the fastest of **eighteen** men he has identified, including our Premier John Bannon.

Ian has run 2.29.12 and is one of the top distance runners in the state. However, Ian ran the first Festival City Marathon in 3.53.24 while still a footballer. He won the Qantas draw for a trip to the Honolulu Marathon and subsequently became hooked on running.

John Bannon, incidently, is the only runner to have broken 3 hours **every time**.

Dear Bruce,

I have enclosed a list of 18 male runners who have finished all seven Festival City Marathons. The list shows, for each runner, his age in 1979, performance (time and placing according to the results for each year), and for the seven FCMs, average time and best time. No females have completed all seven FCMs.

I am fairly confident that I have not omitted anyone who has completed all FCMs, but if you decide to print the list it may pay to ask if anyone has been omitted, just in case.

Regarding female runners, I have found at least three females who



Ian Hill finishing the 1979 Festival City Marathon in 3.53.24.

have completed at least five FCMs (Helen O'Connor (Morris), Sue Worley and Josie Roberts). However, there may be a female who has completed six FCMs. I intend to do further research into female finishers when I have time.

Finally, I found that Robert Turner has completed every FCM since 1980,

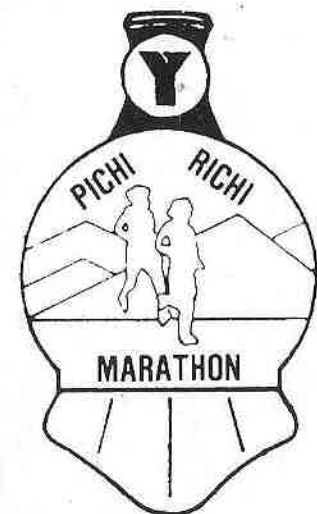
I hope you find the list useful. I suspect that once it is made known, those on it will endeavour to remain on it in the next few years.

*Yours sincerely,
 Ian Hill.*

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	36	3.58.16 269	3.20.04 202	3.14.02 152	3.30.10 257	3.10.33 271	3.07.41 312	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	3.27.20 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



Thru' the magnificent Flinders Ranges the

5th PICHI RICHI MARATHON

and Half Marathon

**PT. AUGUSTA TO QUORN
JULY 6th, 1986**

Entry Forms:

Y.M.C.A. Road Runners Club
Box 432, Pt. Augusta
S.A. 5700

Uni-Gym
Athletes Foot
Joggers World

RACE MANAGEMENT

THE CORRECT DISTANCE

by Gary Nichols*

There can be no worse feeling than finding out that the marathon in which you've established a personal best was run on a short course! Even Alberto Salazar has suffered the disappointment of having his world best time discredited because a re-measurement of the New York course several years afterwards showed that it was about 170 metres short.

To guard against such possibilities, the Race Director of an AIMS marathon will insist that the course is measured in accordance with a standard procedure which is designed to ensure that the course is **at least** 42195 metres in length.

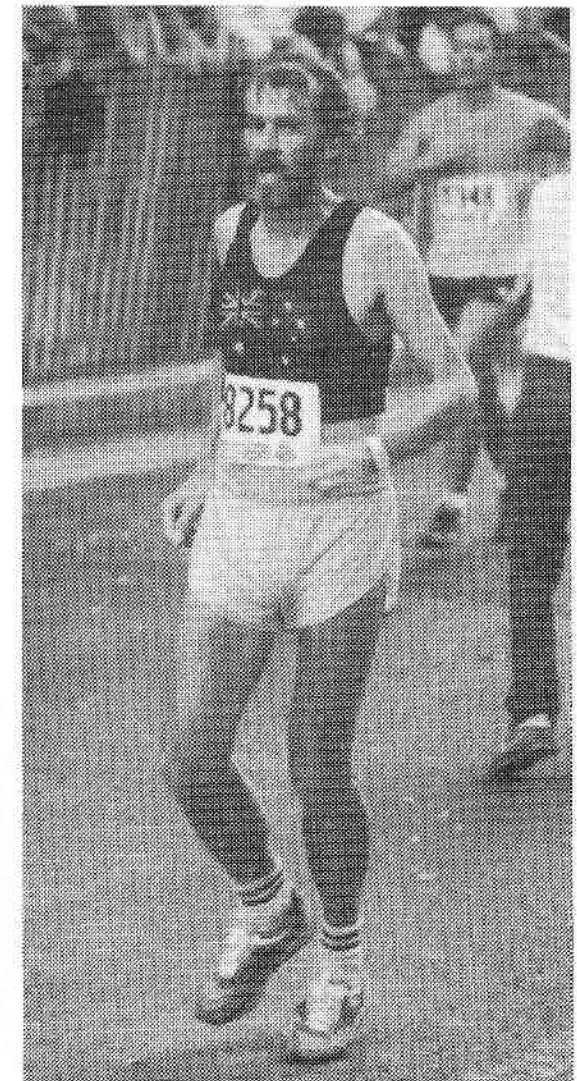
The measuring device is a bicycle with a Jones meter fitted to the front forks. The Jones meter itself is a sensitive counter, much like the odometer of a motor car, which engages with the spokes of the wheel.

Before the bicycle can be used to make a measurement, it must be carefully calibrated over a known distance. This 'calibration course' must be straight, flat and of the same surface as that on which the marathon will be run. It must also be at least 800 metres long and accurately measured. Calibration courses are best measured by a surveyor using an electronic distance meter (EDM), although it is possible to use a steel tape. If EDM is used, the probable error in an 800 metre course is around 10 millimetres.

The calibration procedure is straightforward. The bicycle is ridden over the course at least four times, and the number of 'counts' on the Jones meter required for each passage is noted. An average is taken, and from this the number of counts per kilometre is worked out. This number is then multiplied by a 'short course' of 1.001. This automatically adds 1 metre to each kilometre measured.

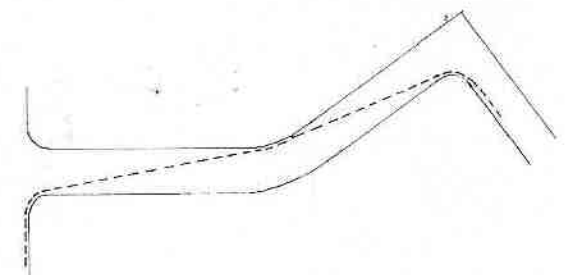
The measurement of the marathon course can now begin. In principle it is simple enough; the rider must steer the bicycle around the course along the shortest possible line. This is the same line

***Registered Surveyor, AIMS accredited Course Measurer for Australia and SARRC Member.**



Gary at the finish of the Honolulu Marathon.

which would be chosen by a runner keeping as close as practicable to the edge of the road on curves, and running in a straight line when crossing from one side of the road to the other. The diagram shows this ideal line, which for consistency is measured at a distance of 300 millimetres from the edge of the road.



In practice, measuring a marathon course is not always so simple! Because of the need to avoid traffic, the measurement usually takes place in the early hours of the morning when traffic is lightest. Even then, the need to ride against the stream of traffic will probably arise, and it is very helpful to have a police escort available.

The actual measurement may take place over several weekends, and requires at least four complete passages of the course. The first of these is of the nature of a reconnaissance, to find out whether the course as planned is close to the correct length, and whether the start, finish or proposed turn points will need to be moved. Once the actual course has been decided, the serious work begins, with a careful measurement from start to finish to establish a course of the correct length. The third measurement is required to position the kilometre marks, and the fourth is a 'through' measurement to verify the overall length of the course and the positions of important marks such as 10km, half way and 30km.

Before and after each of these measurements the bicycle must be calibrated. This guards against the possibility of changes in tyre pressure (for

example, a slow leak) affecting the measurement. It is a good idea to have two bicycles carrying out a measurement together just in case one has a flat tyre.

The end result of this series of measurements is a course which, because of the short course factor applied to the calibration, should in theory be 42.195 metres **long**. In practice the course will be perhaps 30 metres longer. While this extra distance may present some difficulty for a runner close to expiry at the end of the event, it does help guarantee that the course is at least the stated length of 42195 metres!

As a last precaution, AIMS rules require that a marathon course be certified by someone who has no connection with the organisation of the event. This means that a check measurement is made by an AIMS-recognised course measurer from another state or perhaps even another country.

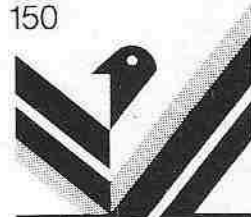
AIMS: Association of International Marathons. In Australia, members are the Foodland Jubilee Festival City Marathon, the Melbourne Marathon, the Australian Marathon (Sydney) and the Broadlands Peoples Marathon (Perth).

THE WHYALLA HARRIERS PROUDLY PRESENT THEIR

150

JUBILEE 150

11th Whyalla Marathon and Half Marathon



1836 SOUTH AUSTRALIA 1986

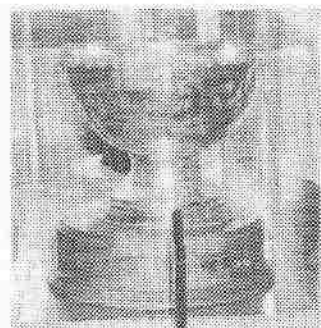
(INCORPORATING STATE COUNTRY MARATHON CHAMPIONSHIPS)

SUNDAY
4th May
7am

Fastest & Flattest Course in Australia, rises only four metres (no heartbreak hill) four loops split times at 1 mile, halfway and every 5km, accurately measured course, markings every km. Aid stations every 5km and start and finish. Hot showers, change facilities, heated pool, post race lunch and award ceremony indoors (inc. in cost), numerous prizes and random draws. Billed accommodation available.

Entry Fee only \$5 marathon;
\$3 for ½ marathon.

*This is the race for your Jubilee P.B.
performance*



L.T.J. REES TROPHY

Contact

Jeff Desmond (086) 45 7648.

Reg Sara (086) 45 8949,

Box 51 Whyalla.

ENTRY FORMS
SARRC OFFICE
JOGGERS WORLD

UP FRONT

by Brian Chapman

Although the summer has been unseasonably mild, most distance runners have "hibernated" or redirected their energies to the track.

Commonwealth Games Marathon qualifier **Grenville Wood** has been quiet with a few minor injuries and viruses preventing him from putting in the kilometres he would like.

SA had its biggest ever representation at the World Cross-Country Trials in Canberra recently with **Peter Brett** (2nd), **Garry Henry** (6th), **Nick Brown** (30th) and **Jim Mack** (35th) leading the way. Congratulations to Peter and Garry on making the team for the World Titles.

Brett, of course, is Canberra-based at the AIS while **Henry** spends a lot of his training time at Daylesford and even at altitude in Falls Creek. Both hope to pick up a good 10,000 metre track race in Europe later this year with Games qualification in mind.

Brown, has really emerged with a 14 min .05 sec. 5,000 metre, good enough for an SA Sports Institute Scholarship. A bold front runner, Brown is advised by Gordon Weigand who has produced many senior champions over the years.

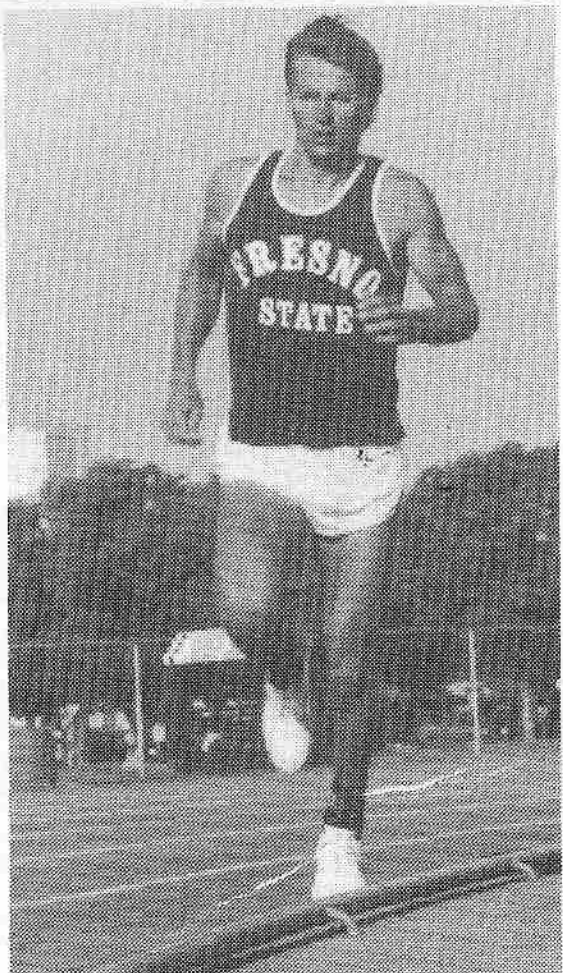
Mack ran a good 10,000 metre time of 30 mins 11 secs. ahead of **David Dowd** and looks to have a bright future.

Ray Bryant won a tough 3,000 metre event in early January but then developed a foot injury. Old faces to re-emerge were **Warren Partland**, **Gary Zeuner** who has been training at Falls Creek and in Melbourne to boost his rightful Games selection hopes in the steeplechase.

Junior **David Graham** has dominated the 800 metre (1.52) and 1500 metre (3.40) scenes; **Brendan Hewitt** heads the steeplechase list but at a standard which reflects his injury - interrupted winter preparation; and **Ben Phillips** has emerged again with an 8.25 3,000 metre performance.

Lesser known runners have captured the summer Fun Runs with **Paul Russell** taking the two jetties in fine style and **John Giles** winning the Noarlunga 5km. (15.39).

Juniors to show promise include Flinders Flyers **John Kavanagh** (Aust. U16 3,000m record 8.47; State U16 1,000m record, 2.41), **James Wood** (National



Peter Brett

Schoolboy 1,500m titled) and **Greg Lyons** (Footylympics 5,000m in 15.15).

Allan Carman (15.01 for 5,000m) and **Graeme Olden** (9.18 steeplechase) also look good for the future.

The Fanatics Marathon on Christmas morning failed to unearth any potential - no offence to winners, **Shane Sody** (3.17) and **Annie Ashwell** (4.04).

The women's score has been similarly quiet with **Donna Gould** finding it difficult to recapture her former world-shaking training consistency. She did win the Two Jetties but two failed Games qualifying attempts at 10,000 metres (33.45 and 34.13) disappointed her. The wisest strategy now may be to qualify in the 3,000m and so gain a "double-up" selection for the 10,000m.

Pre-selected **Lisa Martin** interrupted her 192 km per week training load to win the rich Runners Den 10km. road race in her American base of Phoenix (32.23).

Though pre-selected for the Games,

Martin is sensibly eyeing the Boston and Chicago/New York Marathons as her 1986 priorities.

Veteran **Desiree Letherby** was runner-up in the Two Jetties and was first SA runner home in the Womens 10km.

Juniors **Yolanda Budich** (winner, Noarlunga 5km. in 17.52), and **Lisa Tregenza** (first junior in State Mile Championship) continued to make an impact while ex-Geelong runner **Claire Nichols** shifted to SA with her footballer-husband and immediately ran 2.50 for 1,000 metres.

Most satisfying however, was the consolidation of **Wendy Old** at the top of the 800 metre pile.

Old languished for more than 12 years as a fair, but not great sprinter (nee **Wendy Oliver**) before making a successful transition to 800 metres last year. She even set a state mile record (4.47) - though narrowly inferior to a never-submitted Anzac Mile mark of **Gould** - whilst sticking with long time coach Gil James.

Old is the ultimate example, together with Grenville Wood, of dedication over many years bringing success.

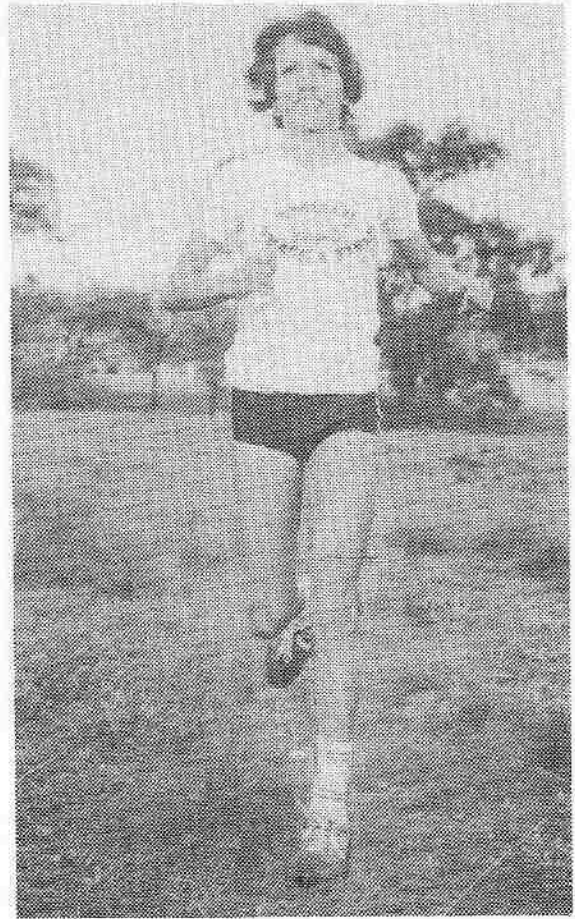


Photo: The News

Desiree Letherby

FUN ON THE RUN

by Mary Hartley

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

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 hrs. 29.06 at Miami in January 1982, at the age of 81!

from "The Guinness Book of the Marathon" by Roger Gynn.

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



PT. NOARLUNGA
S.L.S.C.

inaugural

BRIAN GILL HOLDEN
FUN RUN 5km/10km

Saturday 12th April, 1986

organised by O'Halloran Hill
Branch S.A. Road Runners

START/FINISH:

Car Park Pt. Noarlunga Foreshore
Pt. Noarlunga.

Trophies for all division winners plus
\$100.00 cash to Club/School who has
most runners participating

Random Draw Prizes

Entry Forms from S.A.R.R.C. or
Sunday mornings training
or

Ring **Rhonda Cunningham**
on

382 6612



FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER No. 31

Registered by Australia Post
Publication No. SBH0729

NOVEMBER 1985

SARRC OFFICE HOURS FOR BUSINESS

Monday, Wednesday, Friday 12 noon - 2.00 p.m. If you wish to drop in, please use these hours. 1 Sturt St., Adelaide. Phone 212 6115.

For any correspondence requesting information, please enclose a stamped self-addressed envelope. Membership and entries can also be made at Sunday morning Club training (North Adelaide) — please bring cheque or correct change.

REGULAR TRAINING

Every Sunday — 7.45 a.m. War Memorial Drive (rear of Zoo), North Adelaide. Various distances. Start Running classes. Phone SARRC Office 212 6115.

Every Sunday — 7.45 a.m. Le Fevre Peninsula Community and Youth Centre, 541 Victoria Dr., Osborne. Various distances. Start Running classes. Phone John Murfitt 248 3536.

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

Every Wednesday — 5.25 p.m. 91 Gilles St., Adelaide. Pack runs. Phone David Miller 277-7482.

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

Every Thursday — 5.55 p.m. Christies Beach Special School, Elizabeth Rd., Christies Downs. Pack runs. Phone Allan Fox 384 1333.

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

Every Saturday — 8.30 a.m. Cnr. Bundeys Rd. and Mackinnon Pde., North Adelaide, Speed Training. Any runner — all paces. You will improve your basic speed no matter how slow you are. Phone Bob Pearce 380 5377.

AT LAST

Our apologies for the delay in communicating. As you will see, SARRC is flat out during November and December, with lots of events and activities. Now's the time to make your New Year's running resolutions, commit yourself for the special Jubilee Festival City Marathon and renew your membership.

NEXT "SA RUNNING"

Due in early December together with another "Footnotes" taking you into the New Year. We are just finalising articles, advertising, so hurry if you wish to include editorial or book space. Contact SARRC Office.

The journal will feature Women running to coincide with our First Women's 10 km. Classic.

1986 JUBILEE HANDBOOK

This is going to be the complete SA Runner's guide, published by SARRC, planned to be available March. Stella Emberson, phone 297 4125, is editor and would like to hear from writers and ideas people. Assisted by the Department of Recreation and Sport.

SPECIAL DATES

Nov. 3 (Sun.) — 7.45 a.m. War Memorial Dr. (new location). Grand Prix River Runs. Stay for breakfast and walk to the Grand Prix.

Nov. 10 (Sun.) — 7.45 a.m. War Memorial Dr. Various distances (inc. Mystery runs).

Nov. 17 (Sun.) — 7.45 a.m. War Memorial Dr. Various distances.

Nov. 24 (Sun.) — 7.45 a.m. War Memorial Dr. Various distances. Grand Opening of **Sunday Mail Marathon Clinic** "9 Months to Go!" Wear your "86" T-shirt. Handouts, training logs.

Nov. 27 (Wed.) — 7.30 p.m. Annual General Meeting, WEA Hall, 223 Angas St.

* * * * *

Dec. 1 (Sun.) — 8.00 a.m. War Memorial Dr. The first Women's 10 km Classic sponsored by Standard Chartered Bank and The Advertiser (Men's informal River Run 7.00 a.m.).

Dec. 8 (Sun.) — 7.45 a.m. War Memorial Dr. Various distances.

Dec. 9 (Mon.) — 7.30 p.m. Flinders Medical Centre, Lecture Theatre No. 3, "The Honolulu Plan (and others)" Training Forum for the marathon. Discussion, video, supper.

Dec. 15 (Sun.) — 7.45 a.m. War Memorial Dr. Various distances.

Dec. 22 (Sun.) — 7.45 a.m. War Memorial Dr. Various distances.

Dec. 22 (Sun.) — 7.00 p.m. End-of-Year Wind-up, Hackney Hotel, \$20. Fabulous smorgasbord incl. drinks. Limited. Pre-bookings essential.

FREE ISSUE OF AUSTRALIAN RUNNER

Every SARRC member can collect a free Oct/Nov issue of Australian Runner (usual cost \$2.60). This issue contains 6 pages of South Australian news. If you can't make it to the office, send \$1.00 and we'll post it to you.

Why not subscribe \$14 and receive 7 copies (to Dec. 1986) for the price of 6. See Renewal form.

ANNUAL GENERAL MEETING, Nov. 27 (Wed.)

7.30 p.m. WEA Hall, 223 Angas St., Adelaide. Main business is to present 1984/85 financial reports and elections for Secretary, Treasurer and 3 Board members.

SUNDAY MAIL MARATHON CLINIC, Nov. 24 (Sun.) ..

The Grand Opening with celebrities, Honolulu Plan and other training handouts. 7.45 a.m. at our War Memorial Location. Wear your "86" T-shirt.

MARATHON AND GREENBELT COMPLETE RESULTS

These are printed and can be collected at the SARRC Office or send a stamped self-addressed envelope (11cm x 22cm).

Age/Division Winners can collect their beautiful medallions at the SARRC Office as well.

RENEW MEMBERSHIP NOW

We're the largest and friendliest running club in Australia and now is the time to renew your membership until December 1986.

There are many great events and happenings planned for our Jubilee Year. And next year, as an added benefit to members —

SARRC (Members Only) Runs — at least two road runs — "10/25" (10 km or 25 km) on June 29 and "Glenelg 15/30" (15 km or 30 km) on July 27.

The 1st SARRC (Members only) run will be the "**Jubilee Resolution 10 km**" on Jan. 1. Entry forms will be distributed in the December mailing.

Renew your membership before December 20 and have a chance in a **KEY DRAW** for a **FRONTLINE FORD LASER**. Drawn at the End-of-Year Windup at the Hackney Hotel on December 22.

EARLY ENTRY JUBILEE FESTIVAL CITY MARATHON

Enter now and commit yourself to Your goal. Because of our Jubilee Year, in 1986, every finisher receives a special large Jubilee medallion and a Finisher T-shirt as well as the extra care and attention Adelaide is now famous for.

Every entrant by January 1 receives a "Marathon 86" T-shirt. All entrants by Jan. 1 are eligible for a chance in a **KEY DRAW** for a **FRONTLINE FORD LASER**. Drawn at the Jubilee Resolution Run on January 1.

END-OF-YEAR WINDUP DEC. 22 (Sun.)

7.00 p.m. till whenever, at the Hackney Hotel. Famous Smorgasbord, dancing, video, live music. We've got an exclusive area — **limit 220**. So hurry. \$20 includes all drinks (beer, wine, soft). During the evening, we'll be conducting a **FRONTLINE KEY DRAW** and the lucky draw for the **LONDON MARATHON RAFFLE**. Tickets available soon at SARRC Office. Pre-bookings essential.

OFFICE VOLUNTEERS NEEDED

We are getting a roster of volunteers to help in the SARRC Office, answering telephones, enquiries etc. Peak times needed are 12 noon - 2.00 p.m. Mon, Wed, Fri. Please phone Bruce Abrahams 212 5855

LONDON MARATHON RAFFLE

You can win 2 Malaysian Airline tickets to London plus entry in the world's most exciting marathon (April 20). This is a raffle limited to members only at \$10 (proceeds to SARRC); it must be the best bargain (and cause) in Adelaide. Snap up a ticket. Drawn at the End-of-Year Windup. Tickets distributed in December mailing.

NEW SUNDAY LOCATION

As of Sunday, November 3, we're shifting about 200m to the rear of the Grandstand adjacent to War Memorial Drive (rear of Zoo). Thanks to the S.A. College of Advanced Education, we now have our own lock-up storage room in the Hockey Pavilion (it cost us \$1054) and access to showers/toilets. We are also further away from local residents — our noise has upset a few. We have now stopped our lease on the IFRT facilities where we've been for the past 3 years. Thank you IFRT for your support.

NATIONAL RUNNING WEEK JAN 17-27 THREDBO •

Definitely the holiday you'll keep coming back to. The SARRC Coach Tour is the way to go for relaxation, fun and socialising (this year we have a "video" coach). At \$300 incl. travel, accommodation, chair lift and Jubilee T-shirt, it's a real bargain. **But you must pay your deposit by November 10.**

DISCOUNTS

Don't forget, SARRC members get 25% at **Smith & Weston Sports Stores** and 15% from **Speedy Mufflers**. Very useful savings for Christmas shopping.

Standard Chartered

WOMEN'S 10 KM CLASSIC DEC. 1 (Sun.)

This is shaping up as a fabulous event with more than 500 runners, joggers, walk/joggers and walkers expected.

Every finisher is a winner. The committee is expecting **more prizes than runners**.

Enter a team (of 7). Five finishers make you eligible for even more prizes.

And the fashion T-shirt (\$8) is simply stunning.

Men, we need you as officials and spectators — and to recruit entrants. Names to SARRC Office ASAP.

Also, if you can donate prizes from your business, please phone: Kay Moncrieff 271 4500 — any gift or voucher, value \$2 upwards. Donors will be acknowledged.

Pick up a free poster and display it at work.

The Advertiser

S.A. GOVERNMENT GRANT \$13,500

SARRC has just received a grant from the S.A. Department of Recreation and Sport specifically for (1) The publication of a Jubilee Handbook; (2) The purchase of a computer; (3) Instructor Training for beginners; (4) Survey of needs. The overall objective of the grant is to increase participation and to improve quality of performance and administration. SARRC must supplement the grant at least dollar for dollar.

If you have relevant skills, please contact the SARRC Office. Volunteers are needed for the Handbook and Computer projects.

1986 SPONSORS

All told, we've managed to obtain over \$60,000 in cash sponsorship which when supplemented by "in kind" and services, amounts to well over \$100,000 contributed by S.A. businesses to promote running.

Sponsorship will enable SARRC to conduct 4 major event in 1986:

- April 27 "**adidas 10 km**" a 10 km road race to Glenelg, featuring (we hope) Deek.
- May 24 "**Greenbelt Half Marathon**" (Sponsor details being finalised).
- Aug. 31 "**Jubilee Festival City Marathon**" (Sponsor details being finalised).
- Nov. 30 "**Standard Chartered Women's 10 km Classic**". Definitely Australia's premier womens road race.

Major sponsors and minor sponsors of course are year-round SARRC sponsors.

Well done S.A. business! Show your appreciation by giving our sponsors your business.

FRONTLINE FORD KEY DRAWS

You could win a FRONTLINE FORD LASER car. Between August 1985 and the Jubilee Festival City marathon (Aug 31, 1986) there will be 12 key draws. Each winner will receive a key, only one fitting the FRONTLINE FORD LASER on August 31.

The next key draws are for membership renewal/joining (on Dec. 22 at the End-of-Year Windup) and for early entry in the Jubilee Festival City Marathon (at the Jubilee Resolution Run on Jan. 1).

**Frontline
Ford** 

477 North East Rd., Hillcrest 5086.

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Association . . . Speedy Mufflers . . . Assisted by the South Australian Department of Recreation and Sport.



FIITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER NO. 33

Registered by Australia Post
Publication No. SBH0729

FEBRUARY 1986

SARRC OFFICE HOURS FOR BUSINESS

Monday, Wednesday, Friday 12 noon - 2:00 p.m. If you wish to drop in, please use these hours. 1 Sturt St., Adelaide. Phone 212 6115.

For any correspondence requesting information, please enclose a stamped self-addressed envelope. Membership and entries can also be made at Sunday morning Club training (North Adelaide) — please bring cheque or correct change.

REGULAR TRAINING

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

Every Sunday — 7.00 a.m. Le Fevre Peninsula Community and Youth Centre, 541 Victoria Dr., Osborne. Various distances. Start Running classes. Phone John Murfitt 248 3536.

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

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

Every Wednesday — 5.25 p.m. 91 Gilles St., Adelaide. Pack runs. Phone David Miller 277 7482.

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

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

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

Sunday Runs Until March

7.45 a.m. War Memorial Drive, North Adelaide (rear of zoo). Various distances. All paces. The main run will follow "the Adelaide Plan" and will be from 11 to 15km. Runners wishing a shorter run can turn back early. Those wanting a longer run meet either at 7.00 am. or 8.00 am. - decide the course on the day.

- Feb 9 - Round the Town
- Feb 16 - Mystery Run
- Feb 23 - Torrens Valley. Key Draw 9.30 a.m.
- Mar 2 - Mystery Run
- Mar 9 - Hazelwood Park
- Mar 16 - South Parklands Trails
- Mar 23 - River Run. Chiropractic Cup
- Mar 30 - Hazelwood Park

Actual distances of the runs are being measured thanks to Kevin Lynch and Arnold Deans. Guides will be available shortly.

"Adelaide Plan" monthly schedules available Sundays or at the SARRC Office.

SARRC SALES

Great Club gear on sale only on Sundays. Thanks to Ellen Sinnott and Rhonda Acton.

Note: No sales gear is available at the SARRC Office.

WELCOME ROYAL LIFE INSURANCE

We welcome Royal Life Insurance as a new major sponsor of the Greenbelt - now named "The Royal Life Half Marathon - Adelaide Greenbelt". We are now part of the national Royal Life series.

START RUNNING CLASSES

Commence Sunday, February 23 at North Adelaide and North Haven, and Thursday, February 27 at O'Halloran Hill. Class numbers are limited, enrolments close February 17 or when classes are filled.

Encourage your spouse, family and/or friends to join. The cost \$5 plus SARRC membership must be the best fitness value around.

TRAINING FORUMS

March 12 (Wed) — 7.30 p.m. Flinders Medical Centre Lecture Theatre No. 3. **Marathon Training Forum**, "Prevention and Treatment of Injuries to the Lower Body". Panel of physiotherapists, video, supper. \$1.

Coming Soon in March (dates, venues to be advised). **Women's Marathon Forum**, a special meeting for women training for the Foodland Jubilee Festival City Marathon. Contact Madeleine Woolley 332 4504.

Also, **Start Runners Forum** for all members of Start Running Classes. Contact Class Instructors for details.

SPECIAL GENERAL MEETING OF MEMBERS

NOTICE IS HEREBY GIVEN that a SPECIAL GENERAL MEETING of the SOUTH AUSTRALIAN ROAD RUNNERS' CLUB will be held at the Y.M.C.A., (Ground floor), 76 Flinders Street, Adelaide, on WEDNESDAY, 26 FEBRUARY at 7.30 p.m.

The following business will be considered:

1. SPECIAL BUSINESS:
CONSTITUTION *
That the existing Constitution of the South Australian Road Runners' Club be withdrawn and replaced by a new Constitution in the form of that tabled at the meeting.
2. OTHER BUSINESS:
DEVELOPMENT PLAN *
To discuss and consider the Development Plan of the South Australian Road Runners' Club and the views of the members.

By Order of the Board,
Jayne Taylor
Secretary

Only current financial members can attend and vote.

* Copies of the Constitution and Development Plan are available from the SARRC Office, 1 Sturt Street, Adelaide (Telephone 212 6115) during office hours.

CLUB SPONSORS GIVE THEM YOUR BUSINESS CLUB SPONSORS

Sunday Mail ... Channel 7 ... The Advertiser ... Standard Chartered Bank ... TAA. The Friendly Way ... adidas ...
Smith & Weston Sports Stores ... Frontline Ford ... Cleanaway ... Australian Chiropractors Association ...
Speedy Mufflers ... Woodrooffe Bottlers Foodland Stores ... Royal Life Insurance ...
Assisted by the South Australian Department of Recreation and Sport.

POSITION VACANT - Office Manager
 Members attention is drawn to the advertisement placed in the Advertiser on January 25. Interested members should submit an application immediately.



OFFICE MANAGER

The South Australian Road Runners' Club is the largest runners' organisation in Australia with over 3000 members. Due to our rapid expansion and the re-structuring of our office, the position of Office Manager is now available.

The Office Manager will be responsible to the General Manager for a variety of duties associated with the Club's operations, the core of which is an IBM PC compatible computer. Administrative systems incorporate Club membership, race entries and results processing, financial modelling, general accounting and word processing.

Specific duties include:

- administrative systems development and programming.
- preparation, key punching and verifying data.
- producing various computer reports.
- organising and supervising part-time and volunteer office workers.
- dealing with public and members' enquiries.
- servicing Club committees.
- general clerical and administrative matters.

A driver's licence is essential and some out-of-hours work is required.

THE PERSON

We seek a bright, mature person with good communication skills, initiative, tact, organisational and administrative ability, good keyboard skills, who is self-motivated and able to work as part of a team.

The position is ideal for a person seeking a career in recreation and sport administration; an enthusiasm for fitness and a healthy lifestyle is an advantage.

Salary negotiable.

All applications will be treated in confidence and are to be addressed to:

General Manager
 SARRC
 G.P.O. Box 591
 Adelaide, S.A. 5001
 Telephone: 212 6115

Closing date: 10th February, 1986.

EPV6912240217 25.1

MEMBERSHIP

As at January 31, membership for 1986 was 1,979 incl 703 females (35%). We are 500 ahead of membership at the same time in 1985 (final total 2,760) so we are heading for 3,000 plus. There are still 50% of 1985 members who have not yet renewed - so hurry, otherwise this is your last mailing. The next mailing in March will be the **Jubilee Handbook** edition of our journal, "South Australia Running".

AUSTRALIAN RUNNER

395 took advantage of our special subscription offer (now closed). Some were too late for the December issue - no worries, your subscription will still include 7 issues.

SMITH & WESTON 25% DISCOUNT

You must show your 1986 green membership tag to obtain 25% off all purchases. Now that's value! Note: there will be no membership card this year.

MARATHON UPDATE

As at January 31, entries were 1,249 incl 253 women (20%).

We're tipping a total field of 3,000 with 500 women, the largest women's participation ever in Australia (largest to date is 417 in the 1983 Big M).

Early entry (up to Jan 1) T-shirts are now available for collection at the SARRC Office (see Office hours).

WIN A FRONTLINE FORD LASER CAR. The earlier you enter the marathon the more chances you have to win one of 12 keys. The lucky key fits the Laser on August 31. The next key draws are **Feb 23** (enter by Feb 17) at the SARRC

Sunday run, and **Mar 8** (enter by Mar 3) at The Women's Fun Run.

Association of International Marathons (AIMS)

SARRC is a member of this exclusive organisation of the "top 50" marathons in the world. AIMS standards are high, and our membership has helped SARRC open doors in the South Australian community - both Government and business are more inclined to support an international class event that promotes our beautiful city and brings visitors. Over 30% of the total field of the marathon this year will be from out-of-town (we already have 25 entered from New Zealand).

Adelaide Children's Hospital is our Official Charity. By helping the "Kids", we also help ourselves by greater public acceptance (of our road closures) and more participation. The ACH also staff about half of our drink stations.

In 1985, 68 runners raised \$8,200 through sponsorship. The most raised was \$1,300 by **John Hinton** who also gets a return trip to Melbourne flying TAA. Every fund raiser got a special "HELP" T-shirt. Runners who raised more than \$50 will soon receive additional prizes. Congratulations!

In 1986, we are planning a much larger fund raising effort including a bed push in the marathon.

Course Change. To improve traffic flow on the eastern Parklands, the course now completes a **loop** of Victoria Park via Hutt St, South Tce and Wakefield Rd. This requires an addition to another part of the course - (most likely) turning left at South Tce then right at Unley Rd and Greenhill Rd.

The Greenbelt course will also include the Victoria Park loop. The start will now be Victoria Square.

Starting Time for the Marathon.

This is still not confirmed. The Marathon Committee, supported by Sponsors. Jubilee 150 Board, Adelaide Council, Channel 7 and Adelaide Childrens Hospital is proposing a 9.15 a.m. start. The later start befits the **Jubilee Major Event** status of the marathon this year and will ensure many more spectators, the life blood of a festive celebration. New York (10.38am), London (9.30am), Christchurch (10.00am) and Boston (12 noon) all assert the later start brings their marathon to the people - a vital factor in their success and a real "high" for runners. Of course, the later start means more people affected by road closures and authorities must be convinced that the event both warrants this consideration and is well organised to inform the public.

Incidentally, weather conditions in August enable a later start. Average August 31 temperates are 11.3° C (8.00 am), 13.4° C (9.00 am), 15.5° C (11.00 am), 16.4° C (1.00 pm), 16.2° C (3.00 pm). Most days are described as "cool" with traces of rain more likely than not.

Special Fitness Testing for Marathon Entrants.

Available only to marathon entrants, a special half cost fitness test by the Institute for Fitness, Research and Training (IFRT). Details and brochure soon. Another reason for entering early.

SARRC EVENTS COMING UP

Mar 8 (Sat) 8.00 am "The Women's Fun Run" 4.5km run/jog/walk around the weir/zoo loop starting and finishing at Pinky Flat. Celebrating International Women's Day and SARRC's contribution to women running.

Note: Random Draw Prize donors wanted. Contact SARRC Office.

Mar 23 (Sun) — 8.00 a.m. 'The Chiropractic Cup'. Everyone at the Sunday run is eligible - sponsored by the Australian Chiropractors Association.

The next major events are **April 27** "The adidas Jubilee 10km" road race at Glenelg, and **May 25** "The Royal Life Half Marathon - Adelaide Greenbelt". Entry forms available shortly.

SARRC TRAVEL

The **Threbo National Running Week** (Jan 17-27) was a fantastic success - some have even booked for 1987 already!

Next tour is the **Christchurch Marathon and Half Marathon**. (May 30-June 6). We have a special relationship with our sister city marathon who have organised a fabulous 1 week runner's tour.

Start planning now for the **1987 London Marathon** (May)



FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER NO. 34

Registered by Australia Post
Publication No. SBH0729

MARCH/APRIL 1986

JUBILEE HANDBOOK ... FINANCIAL MEMBERS ONLY

The March issue of "South Australia Running" is our most comprehensive journal ever. If you have not received it with this "Footnotes", it's because you haven't renewed your membership! Renew now (form enclosed), and we'll post the journal to you with your membership tag.

WELCOME JENNIFER TOD

SARRC's new Office Manager, Jennifer Tod started duty at 1 Sturt St. on Monday, March 10. She will also be seen regularly on Sundays at North Adelaide.

Jennifer is 30 years old, is a trained teacher as well as qualified in business management ... And, yes, she is a runner.

SARRC OFFICE HOURS FOR BUSINESS

Monday, Wednesday, Friday 12 noon - 2.00 p.m. If you wish to drop in, please use these hours. 1 Sturt St., Adelaide. Phone 212 6115.

For any correspondence requesting information, please enclose a stamped self-addressed envelope. Membership and entries can also be made at Sunday morning Club training (North Adelaide) - please bring cheque or correct change.

STATISTICS

As at March 14, membership is 2,425 incl. 886 females (36%) - this is an increase of 3% in female participation compared with 1985. We are still way ahead of numbers at the same time in 1985 (final total 2,760) and renewals are likewise higher.

Marathon entries are 1,348 including 269 women (19%), SARRC members 967 (71%) and interstate/overseas 225 (16%). Total entries in 1985 were 1,441. Usually, numbers double in the last 2 weeks before entries close ... so we are heading for 3,000 entries.

The Women's Fun Run attracted 666 entries, an increase of 51 from 1985. Well done Jayne Taylor and Elva Abrahams (Co-Run Directors) and their many helpers. Also, thanks to sponsor, Smith & Weston.

SMITH & WESTON 25% DISCOUNT

You must show your 1986 green membership tag to obtain 25% off all purchases. Now that's value! Note: there are no membership cards this year.

WE ARE LOOKING FOR A NEW GENERAL MANAGER.

As reported in "The Advertiser", Bruce Abrahams, foundation President (1980-85) and first full-time General manager is stepping down on March 31.

We are looking for a new General Manager. Interested candidates should refer to "The Advertiser" employment section of March 1 and contact President, Marilyn Davis 31 6014 or Vice President, Chris Acton 267 4415 or Secretary, Jayne Taylor 294 2542. Interested members should submit an application immediately.

VOLUNTEERS FOR CLUB COMMITTEES NEEDED ...

The Board is currently expanding the number of Club Committees. Working for the Club is both educational

and enjoyable, and an excellent way of contributing your skills for the benefit of the Club.

Following are the Committees and a brief description of their function. If you are interested in joining, please contact the Convenor and write a brief note indicating your interest and skills. Note: we are looking for **organisers**, not race-day or event helpers (these will be advertised later). Most committees are limited in size (too big a committee makes it difficult to function) - so not all offers will necessarily be taken up.

Marathon Committee (Warren Featherby 43 3434).

This is one of SARRC's most active and long-serving committees. Several key areas are required - course coordination, media/promotions, elite runners.

Sunday Committee (Kevin Lynch 344 7823(H))

Plans and organises all aspects of the weekly Sunday training in North Adelaide.

Social/Fund Raising Committee (Chris Acton 267 4415 (H)).

Convenor needed. Major function is to organise special (and regular) social activities. The Carbo Party and End-of-Year Wind-up are two.

Membership Promotion and Public Relations (Kevin Lynch 344 7823 (H)). Convenor needed. The purpose of this committee is to liaise with all other committees and to maximise the promotion of the Club and its events and programmes.

Magazine and Publications (Jennifer Tod 212 6115)

Convenor needed. Responsible for overseeing all the Club publications including "South Australian Running" and "Footnotes".

Property and Equipment (Chris Acton 267 4415 (H))

Convenor needed. To recommend purchase, keep inventory, maintain all Club equipment.

SARRC Travel (Chris Mangan 277 8583 (H))

To plan and organise group trips and travel for Club members.

Training and Education (Ralph Broughton 356 7477 (H))

This is a long standing committee responsible for organising Start Running Classes, Instructor Training and Local Group development.

Finance and Insurance (Geoff Davis 31 0417 (H))

This is a small Board subcommittee supervising all Club budgets and insurance cover.

Race and Run Committees (Kevin Lynch 344 7823 (H))

The Race Committee plans the yearly programme of major events and other runs (it's working on 1987 and 1988 now). Each race or run has its own organising committee.

MARATHON 1985 PHOTOS NOT COLLECTED

The following is a list of names of 1985 Marathon finishers who have not yet picked up their Finisher Photos from the SARRC office: Garry Bailetti, P. Caldicott, Chris Carter, George DePasquale, D. Foehring, Christine Gow, Malcolm Hamm, B. Hoyle, Anthony Major, W. Morris, S. Miller, C. Parouchias, P. Pszczolinski, K. Saunders, David Sawyers, R. Sellars.

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Smith & Weston Sports Stores ... Frontline Ford ... Cleanaway ... Australian Chiropractors Association ...
Speedy Mufflers ... Woodroffe Bottlers Foodland Stores ... Royal Life Insurance ...
Assisted by the South Australian Department of Recreation and Sport.

TRAINING

WELCOME START RUNNERS

A total of 117 Start Runners have enrolled for the first term classes. 87 at North Adelaide, 22 at O'Halloran Hill and 8 at North Haven.

REGULAR TRAINING

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

Every Sunday — 7.00 a.m. Le Fevre Peninsula Community and Youth Centre, 541 Victoria Dr., Osborne, Various distances, Start Running classes. Phone John Murfitt 248 3536.

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

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

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

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

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

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

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

MARATHON TRAINING FORUMS

April 16 (Wed.) "Diet, Eating and Drinking for Exercising". Includes a special supper (extra fee).

May 14 (Wed.) "Feet, Injury Prevention and Cure". Flinders Medical Centre Lecture Theatre No. 3, 7.30 p.m. to 9.00 p.m. \$1.00, includes Tea, Coffee and Bikkies.

NEW GROUP STARTS IN ELIZABETH

See "Regular Training" for times. All runners, all paces incl. walk-joggers welcome. Post-run breakfast included with \$1 donation. Showers available.

Needed — Volunteers to lead marathon training groups (all paces). Contact: Glenda Buckby 255 2622 (day).

SUNDAY RUNS UNTIL JUNE

7.45 a.m. War Memorial Drive, North Adelaide (rear of Zoo). Various distances. All paces. The main run will follow "the Adelaide Plan". Runners wishing a shorter run can turn back early.

Mar 23 — "Chiropractic Cup" River Runs to 17km.

Mar 30 — Hazelwood Park.

Apr 6 — "City-Port" or Torrens Valley.

Apr 13 — Brownhill Creek Camping Ground.

Apr 20 — "Heritage Run" around City.

Apr 27 — "adidas Jubilee 10 km."

May 4 — Second half of marathon.

May 11 — Morialta

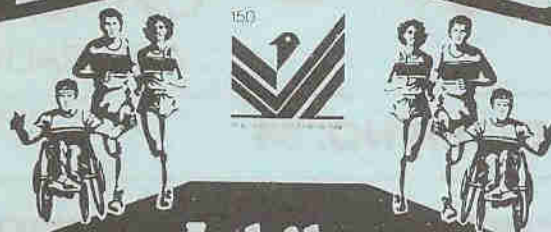
May 18 — Lower Mitcham

May 25 — "Royal Life Half Marathon"

June 1 — Waterfall Gully.

(See p. 36 of Jubilee Handbook for full programme.)

FOODLAND



Jubilee Festival City Marathon

August 31, 1986

NEXT FRONTLINE FORD KEY DRAWS

Congratulations **Anne Arthurson** of Warradale and **Jim Bower** of Fairview Park, winners of the last two Key Draws. You each have a **one in twelve** chance of winning the fabulous **FRONTLINE FORD LASER** (value \$10,000). The lucky key will be revealed at the Marathon on August 31.

The earlier you enter the **FOODLAND JUBILEE FESTIVAL CITY MARATHON** the more chances you have.

The next Key Draws are

April 6 at the **City-Port** (enter by March 31).

April 27 at the **adidas Jubilee 10km** (enter by April 21).

May 25 at the **Royal Life Half Marathon** (enter by May 16).

Note: the draws are open to entrants in the Marathon only.

MARATHON POSTER

Copies of the great Clive Stevens course map poster (as shown in the centre of the Jubilee Journal), are available Sunday mornings and at the SARRC Office during office hours. In Jubilee 3-colours. 50¢.

CHRISTCHURCH MARATHON AND HALF MARATHON

On June 1, just one week after the Royal Life. The best value 8-day tour of the South Island (paradise!) hosted by New Zealand runners. You can extend if your wish. Around \$1,000 including accommodation and day tours. Brochures at SARRC Office. Hurry! Phone Keith Prowse (Aust) (008) 22 1144.

GOOD LUCK DESIREE AND ROBERT

South Australian internationals' **Desiree Letherby** and wheelchair ace **Robert Turner** will be representing South Australia's Jubilee 150 at the **Republic of Texas Sesquicentenary Marathon** on April 27. Thanks to the Jubilee 150 Board, TAA, QANTAS and the Texas Sesquicentenary Board.

South Australia and Texas, of course, share 150th Birthdays. So it is a great sporting exchange. Texas will be sending representatives to run in our Jubilee Marathon on August 31.



NEXT SARRC EVENTS



March 23 (Sun) Chiropractic Cup Training Runs at North Adelaide. Sunday location. Free Entry. Post-event free Chiropractic advice.

April 20 (Sun) Heritage Week Runs. Training Runs. Discover Adelaide's heritage at your own pace. Start/finish at North Adelaide Sunday location.

April 27 (Sun) adidas Jubilee 10 km. Run with Deek at the Bay. Entries close April 9.

May 25 (Sun) Royal Life Half Marathon. Adelaide Greenbelt course. This year televised world-wide as part of "Race Against Time" Bob Geldof fund raiser for Africa.



The adidas Jubilee 10km

★ Features Rob de Castella ★



8.00 a.m. Sunday April 27, 1986 GLENELG

ENTRY FEE — Adults \$5, School Students \$3

Entries close Wednesday, 9th April, 1986



FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER No. 35

Registered by Australia Post
Publication No. SBH0729

MAY/JUNE 1986

THE BAD NEWS

Members will be saddened to hear that one of our members, Geoff Kirkman, has been injured in an accident while leading the Westfield Ultra Marathon. SARRC has sent a telegram of support to Geoff on behalf of all members.

We extend sympathy to Geoff's family and hope that he will be "on the road" with us again shortly. (A photograph of Geoff is on Page 28 of March '86 SA Running Journal.)

This could be an appropriate time to remind all "Road Runners" that great care should always be taken when running. The rules of the road apply to all of us. Please keep in mind that to an accident victim it doesn't really matter who was at fault.

Many members have called in and phoned the office recently to express their regrets at the passing of David (Wally) Waldeck. Wally was held in high esteem within the club for his work for the marathons. A letter of condolence has been sent to Wally's wife, Francis, who has requested that in lieu of flowers, a donation in Wally's memory be sent to Red Cross. (Page ii of the Adelaide Plan included in Dec. '85 SA Running contains a photograph of Wally.)

There is always some Good News.

SARRC's youngest member is Anita Urban. Proud dad, Michael, registered Anita, born at 8:53 am on 2 May 1986, at 12 pm on the same day. Story is that if the office had been open at 8:54 am Anita would have been registered then instead of having to wait hours. Congratulations to Margaret and Michael.

WELCOME TO ERIC RUSSELL

Eric Russell is the new General Manager of the SARRC. He previously organised the Mutual Community 14th National Wheelchair Games which were held in January 1986.

MARATHON FORUMS

Seventy-five people attended the fourth forum on eating, drinking and exercising. Virginia Fazio and Nic Cooling, our guest speakers, enthused the audience with details of general dietary guidelines expressed in everyday terms and the latest research into nutrition and exercise. Topics covered included fat (the average Australian consumes 50% of their diet as fat), high energy foods, caffeine, vitamins, fluids, alcohol ... Question time had to be stopped when time ran out!

A special supper reflecting the recommendations of the forum was enjoyed by all, many of whom continued to ask questions. Nic Cooling provided samples of a drink comprising 7% sugars which he believes will be useful for endurance competition and can be made up cheaply. The evening came to a close long after the food was consumed.

- Next Forum: Wednesday 14 May 1986, 7.30 p.m.
- Venue: Lecture Theatre 3, Flinders Medical Centre (Follow signs from the main entrance on the level 4 entrance)
- Topic: Selection of footwear and foot injuries.

MARATHON

- ASSISTANCE REQUIRED FOR MARATHON
- Truck drivers (6) — early and mid morning.
- Volunteer truck assistants (6).
- Volunteers Aid Stations — your scout, guide or youth group.
- Contact SARRC Office for above positions.
- Course Coordinator required.
- Contact Warren Featherby (43 3434) if interested.

JOURNAL

Any articles or requests for subjects to be covered in the Journal should be forwarded to the office.

FITNESS TESTS

FITNESS TESTS, previously offered to Marathon entrants, are now being offered to all SARRC members at the special price of \$33. Registration forms available from the Office.

SUNDAY COMMITTEE

Volunteers wanted to assist once every two months to pack up after Sunday morning runs. Contact office please.

Coming Runs

18 May	21 km	Lower Mitcham via Heywood Park
25 May	21.1 km	Royal Life Half Marathon
1 June	23.4 km	Waterfall Gully
8 June	30.8 km	West Beach via Torrens paths
15 June	28.8 km	Brownhill Creek (top gate)
22 June	24.3 km	Morialta
29 June	10/25 km	Speedy Mufflers' Road Race

All these Sunday runs are out and back on the same course. There are turn back points for those who want to run shorter distances eg 10, 14, 20, and 27 km (on the West Beach Run).

Generally each Sunday's run is given in the Coopers Beer advert on the first sporting page of each Saturday's Advertiser.

There are 5 running packs on Sundays plus the Walkers. Each pack goes on the same run but the faster packs leave first.

- No. 1 pack — (Noel Allen, Jane and Colin Spall) is for the quickies.
- No. 2 pack — is for those training to do a marathon in under 3½ hours.
- No. 3 pack — (Max Grigor and Chris Acton) will suit those training for a 3 hour 45 min. marathon.
- No. 4 pack — (Garry Mead, Ray Haese, Margaret Nelson and Kevin Lynch) runs at about 5 min. per km pace or a little slower.
- No. 5 pack — (Avril Stewart) runs at about 5½ min. per km pace.

Maureen Goldie leads the Walkers.

Come and join us. Bring your non-member friends and stay for a light breakfast or coffee afterwards.

SMITH & WESTON DISCOUNT

Smith & Weston discount card is included with these Footnotes. Card to be presented for 25% discount.

SARRC OFFICE HOURS FOR BUSINESS

Monday, Wednesday, Friday 12 noon - 2.00 p.m. If you wish to drop in, please use these hours. 1 Sturt St., Adelaide. Phone 212 6115.

For any correspondence requesting information, please enclose a stamped self-addressed envelope. Membership and entries can also be made at Sunday morning Club training (North Adelaide) — please bring cheque or correct change.

BEGIN RUNNING CLASSES — TERM II

Classes for Second Term begin at North Adelaide and O'Halloran Hill on Sunday 15 June and Thursday 19 June respectively. Club members are asked to encourage family or friends to join the Begin Running Classes to obtain Fun, Friendship and Fitness through running.

Start Running Class Application forms are available from the office.

FOODLAND



Jubilee Festival City Marathon August 31, 1986

FRONTLINE FORD KEY DRAWS

Congratulations to Alan McCollum of Elizabeth Downs, winner of the last Key Draw. You have a **one in twelve** chance of winning the fabulous **Frontline Ford Laser**. The lucky key will be revealed at the Marathon on 31 August.

The next key draw is on 25 May 1986 at the Royal Life Half Marathon (enter by 21 May 1986).

TEXAS MARATHON RESULTS

South Australian internationals Desiree Leatherby and wheelchair ace Robert Turner won their respective divisions in a very tough Republic of Texas Sesquicentenary Marathon on 27 April 1986. Story to follow in the next Journal.

NEXT SARRC EVENTS

25 May **Royal Life Half Marathon**

Adelaide Greenbelt course. This year televised world-wide as part of "Race Against Time" Bob Geldof fund raiser for Africa.

29 June **Speedy Mufflers 10/25km**

8 am Bundeys Road, North Adelaide. Entries close 18 June 1986.

MARATHON TRAINING FORUMS

All forums held at Flinders Medical Centre, Lecture No. 3 7.30 p.m.

18 June (Wed) - Panel of Prominent SA Exercisers including Judith Barr, Robert Turner, Julie Russell, Janet Marsh, David Groat. (Yet to be confirmed - John Bannon, Desiree Leatherby) \$1

23 July (Wed) - "Pacing Yourself"

20 Aug (Wed) - "Don't Blow It Now". Supper included \$3.

TRAINING

REGULAR TRAINING

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

Every Sunday - 7.00 a.m. Le Fevre Peninsula Community and Youth Centre, 541 Victoria Dr., Osborne. Various distances. Start Running classes. Phone John Murfitt 248 3536.

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

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

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

Every Wednesday - 5.25 p.m. 91 Gilles St., Adelaide (rear of Language Centre). Pack runs. Phone David Miller 277 7482.

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

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

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

THE ATHLETE'S FOOT

We require a young, energetic Sales Person interested in a career in the Sports and Leisure Industry. This is a challenging and responsible position with a dynamic Retail Group, and could be Full-time or Permanent Part-time. Ring immediately for an interview **Ph. 212 1207**.

VOLUNTEERS URGENTLY NEEDED FOR THE ROYAL LIFE 1/2 MARATHON RACE AGAINST TIME

Due to the expected increase in entries for the above event the Race Committee requests that any person willing to assist in organising or can help on the day contact Jenny in the office on 212 6115.

We will need all the help we can get if we get the expected 5,000 entries.

ENTRY DEADLINE EXTENDED

SARRC & Royal Life will stage its Race Against Time on May 25 in conjunction with the Half Marathon.

Due to the fact that a big race had already been organised and promoted for the day it will be run over a 21 km course.

But promoters said those who dropped out at the 10km mark would still have fulfilled their part in the world-wide event.

The Royal Life Half Marathon/Wang - The News - Race Against Time will leave Victoria Square at 8.30 am.

From there it will continue along King William Street, past Festival Theatre to O'Connell St before turning left into Fitzroy Tce.

It will then make its way to Jeffcott Road and wind along War Memorial Drive to Hackney Road through Botanic Drive to Dequetteville Tce.

Runners will turn down Fullarton Road and circle the outer of Victoria Park Racecourse before making their way back along the Grand Prix track on Dequetteville Tce.

From there they will make their way through East Tce, North Tce, Frome Road and Victoria Drive to the finishing line.

And to kick off the fund-raising, Royal Life and Wang have donated \$5000 each towards Sport Aid, giving SA a \$10,000 head start on the rest of the world.

All you have to do to enter is cut out a coupon from The News and return it together with your \$8 entry fee to the SA Road Runners' Club office at 1 Sturt St, Adelaide.

The News will publish entry coupons regularly over the next two weeks.

Courtesy The News, Thursday, May 8, 1986

CLUB SPONSORS GIVE THEM YOUR BUSINESS CLUB SPONSORS

Sunday Mail ... Channel 7 ... The Advertiser ... Standard Chartered Bank ... TAA. The Friendly Way ... adidas ...

Smith & Weston Sports Stores ... Frontline Ford ... Cleanaway ... Australian Chiropractors Association ...

Speedy Mufflers ... Woodroffe Bottlers Foodland Stores ... Royal Life Insurance ...

Assisted by the South Australian Department of Recreation and Sport.

SOUTH AUSTRALIAN ROAD RUNNERS '86



FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER No. 36

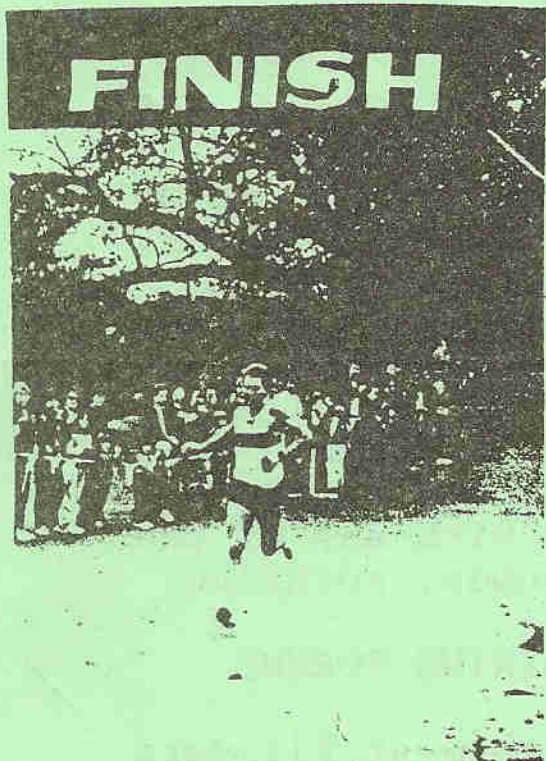
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Publication No. SBH0729

JUNE/JULY 1986



Royal Life Half Marathon

Adelaide Greenbelt 21.1km



PETER BRETT - 1st Male
1.04.56



HEATHER ASHCROFT - 1st Female
1.22.12



JOHN BANNON
Australia's Fittest Premier
1.21.47

SPECIAL EDITION OF SA Running

The reason for the expanded Footnotes in place of the normal quantity edition of the journal this month is that the Winter edition is being incorporated with the Foodland Jubilee Festival City Marathon Race Book.

The combination of these magazines will result in a very special publication which will be a lasting memento of SARRC in South Australia's Jubilee 150 year.

CLUB SPONSORS • • • • • GIVE THEM YOUR BUSINESS • • • • • CLUB SPONSORS

Sunday Mail ... Channel 7 ... Standard Chartered Bank ... TAA. The Friendly Way ... adidas ... Smith & Weston Sports Stores ... Frontline Ford ... Cleanaway ... Canon Cameras ... Australian Chiropractors Association ... Speedy Mufflers

POSITIONS VACANT

RACE COMMITTEES

Marathon

Volunteers Wanted

6 truck drivers

Dates - a couple of days prior to the Marathon ie Thursday, Friday, Saturday and Sunday.

Responsible to Race Director and Finish Area Coordinator.

Vehicles to be used to carry equipment for the Aid Stations. Vehicles will be loaded at Independent Grocers at Findon on Saturday, equipment delivered on course on Sunday and — returned to Independent Grocers afterwards.

Equipment Officer

Accounts for all equipment being used and returned.

Course Coordinator

Coordinate marshalls on race day.

Glenelg 15/30 km

This is a most important race leading up to the Marathon a month later.

Any club member willing to assist with the organisation of this event should contact the office as soon as possible.

SARRC forms a Special Committee

At its May meeting the SARRC Board approved the formation of a committee to investigate and make recommendations to the Board in the areas of volunteer recognition and/or payment to club members for particular services rendered.

Board members Fay Nicholls and Neville Snook are members of the committee and would welcome additional committee personnel.

Any member who has any feelings or specific thoughts on this subject should ensure that this committee is made aware of your feeling, thoughts and suggestions.

Input to this committee can be achieved in two ways, by writing to the "SARRC Volunteers Committee", 1 Sturt Street, Adelaide 5000, or by contacting Fay or Neville in person.

It is hoped that with constructive criticism and a positive approach, a suitable General Policy can be adopted.





VOLUNTEER HELPERS

Experience the excitement of Marathon Week and The Foodland Jubilee Festival City Marathon. To be run at 8.15am on SUNDAY 31 AUGUST 1986, this is the flagship of the Clubs annual activities. See and feel what occurs behind the scenes of Australia's friendliest peoples marathon. With 600 other volunteers help make this great S A R R Club event possible.

Every volunteer - will be recognised in a special way, which will include a race booklet, a J150 silver certificate and a great sense of satisfaction.

PLEASE TICK THE JOBS AT WHICH YOU CAN HELP!

(It is O K to help in more than one job)

It is all right to copy this form and recruit friends/family to work with you. Please have EACH person send a SEPARATE form. Thank you!

Return to
MARATHON VOLUNTEERS, G P O BOX 591, ADELAIDE 5001,
Telephone : 212 6115

By
1 4 J u l y 1 9 8 6

PRE-MARATHON July - August [Note times available]

- S A R R C Office [opening mail, etc]
- Letter dropping re road closures
- Picking up equipment Friday, August 29
- Race Packet Distribution at E X P O [August 29 and 30]
- Carbo Party set-up Friday, August 29

MARATHON DAY, SUNDAY AUGUST 31

- Aid Stations [water stops]. Particularly suitable for groups of friends including kids. Great fun! Up to 300 needed.
- Course Marshalls [adults]. Very important role. Must be cheery and assertive! Up to 200 needed.

Smaller numbers of K E Y W O R K E R S are needed to work with Marathon Committee. Up before dawn, work long hours, no pay [you will wish you had run the Marathon - it's easier].

- Course set-up/close down
- Aid Station set-up/close down
- Start check-in/marshall
- Finishing Area services
- Clean-up

TICK if you don't mind which job on August 31 you are allocated!

GROUP YOU BELONG TO [if any] S A R R C.....
A C H
OTHER [specify].....

NAME : _____ AGE _____
ADDRESS: _____ P/CODE _____ TEL. _____ (H) _____ (W) _____