



SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 17

October 1986

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Assisted by the South Australian
Department of Recreation and Sport

CLEANAWAY RESULTS

10km RECOVERY RUN

MEN

UNDER 13
14 — 15
16 — 19
20 — 30
35 — 39
40 — 44
50 — 54
55 — 59
60 — 64
65 — 69
OVER 70

Paul Irvine
Andrew Mensforth
Paul Cameron
Mark Turner
Dennis Hacking
Graeme Woolcock
Mr. Elsom
Viv Edwards
Ray Knight
Tom Barry
Alfred Ryan

WOMEN

UNDER 13
14 — 15
16 — 19
20 — 34
35 — 39
40 — 44
45 — 49
50 — 54
55 — 59

Linda Rice
Rosemary Genovese
Tania Lintern
Coral Malone
Wendy Owens
Jill Andrews
Barbara Hayward
Dot Partridge
Aria Clark

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RACE DIRECTORS REPORT

FESTIVAL CITY MARATHON SCENE OF COLOUR, EMOTION



"A cup of water and a word of encouragement... What more do I need?"

The sun has now set on the 1986 Foodland J150 Festival City Marathon but long will live the vision of Elder Park transformed into a spectacle of colour and emotion. For me the emotion was such that at about 6 a.m. on the day, long before the first people began to arrive, I walked the last 200 yards along the track to the finish line and was transported by the sound and sight of people who would later that day reach a pinnacle of personal achievement. This day would culminate 9-12 months of dedication and training for so many.

I would like to recognize the contribution made for the competitors, this club and the State of South Australia by the team that organized your event, some of whom had given 3-5 years in time to make this event a success.

The team of people that organized this event, I believe, epitomized the volunteerism that is this great club. Most had been together for 3 years, all with the sole intention of making this event a success, not for themselves, but for the runners and the runners families and friends who would be there to see them.

I feel humble in their presence as they would be the best intending group of people I have ever worked with. To those people who commenced the project but due to ill health or for personal reasons were not able to be there at the conclusion you have our

thanks, and especially the contribution made by the late Dave "Wally" Waldek and his family.

To Sgt John Sneyherd, and Senior Constable Kyle Underdown, of the S.A. Police Department, this club and the people of South Australia owe you both a debt of gratitude. To the Adelaide City Council and the Department of Recreation and Sport thank you for your contribution and support. To the many volunteer organizations and the hundreds of individual volunteers who worked on the day how do we begin to say thank you.

To Eric, and our staff at SARRC, on behalf of all the competitors and officials thanks for all the hours you have put in but most of all thank you for your confidence and support.

The most vivid memory I will carry with me will be the sense of humility I experienced when witnessing a male and a female competitor who after crossing the finish line together turned to each other, without a word being said embraced and cried openly as the emotion of their achievement overcame them. They also now know that a marathon is not just a race but an emotional experience that makes every finisher a winner!

My love and thanks to my wife Barb, my boys Brett & Todd, my partner Ally, and now to prove there is life after marathon.

WARREN FEATHERBY

A WALKERS REPORT

by Jill Ward

MY FIRST MARATHON (AND PROBABLY MY LAST)

Last October I decided to enter for the Adelaide 1986 Jubilee Festival City Marathon, mostly because I thought the pink T-shirts "86" looked quite impressive. Having been to five Start Running courses on Sunday mornings and never really managing to get past the weir and back (6.7 km), the marathon loomed ahead as something too big to even contemplate let alone run . . .

After speaking to a few keen walkers at the Road Runners one Sunday morning in July and noticing their enthusiasm about the proposed early start for the walkers at the Marathon, I began to psyche myself up for a possible half-marathon. . .

Then we attended a terrific carbo-loading party for walkers only on the Friday night and after feeling the excitement and tension of everyone as they talked about knees and ankles, and possible finishing times, we watched a video of the '84 Marathon and listened to Geoff Kirkman give us a short motivating and inspirational talk. Help — I could feel myself getting carried away — could I perhaps do it too?

We got up very early on Sunday morning having hardly slept at all . . . would it be wet? cold? should I carry a bag? spare food? track suit or shorts? I decided to take the lot and then make a decision after seeing what other walkers do on these occasions. A moment of panic, most of them were wearing shorts, too late to change. We all lined up on the footpath and off went the gun. Estimates within the group varied from 30 to an optimistic 200 walkers starting — we still don't know who was right.

Well we all steamed off up King William Street and a rather panicked fellow, obviously thinking he had missed the "real" start, said to our utter disgust, "It's alright it's *only* the walkers", we all glared and made appropriate responses. It is a good feeling being part of such an enthusiastic group, we all chatted and joked and talked about our expectations of the day. We were very lucky as Eva Quinn out riding her bike, offered to be our support crew, with drinks, fruit and lollies

and all the extra gear we thought we might need.

We sped off down Anzac Highway feeling great, still joking and waving cheerily to everyone who had braved the early morning chill to stand and watch. Marshalls began to appear and police blocked off the roads most efficiently, as they waved and encouraged us on our way.

Down to Morphett Road and what did we see but people coming back already — we were not impressed . . . mutter, mutter . . . we thought the early start was for walkers only. Anyway next minute Robert Turner roared past in his wheelchair and a few minutes later the runners began to stream past in gradually increasing numbers. We turned around and headed back towards the city — it certainly looked a long way away. Undeter-

Cont. Page 44

UP FRONT

Cont. from Page 7

He had won the S.A. Junior Road title over 8 kms in an eye-popping 25.04 and has huge potential.

DAVID GRAHAM also impressed with a fourth at the National Junior Cross-Country in which he shared the lead with three World Cross-Country rep's throughout. His sixth in City-Bay was also a worthy effort for a 19 year old.

City-Bay's main "find" was **KYM JANIAK**, 17, a strongly-built Brighton high matric student.

Janiak finished a brilliant fourth following a gut-wrenching winter training stint of long repetitions in the hills under coach Toby Schreier.

He also placed ninth in The National Under 18 Cross-Country, not bad for a 1500 metre specialist.

Other excellent junior performers at National Cross-Country were **JOHN KAVANAGH** (6th), **BRETT CARTWRIGHT** (8th) and **DARREN ABBOTT** (12th).



APOLOGY TO GUY SCHUBERT

Guy Schubert has now finished all eight Festival City Marathons. Unfortunately Guy, who also ably completed the Six-Day Ultra, was left out of our list of **Runners who have finished all F.C.M's.**

Thanks to Ian Hill (4th in this years F.C.M.) we now have Guys previous times. The are :

Age 1979	1979	1980	1981	1982	1983	1984	1985	1986	Best time	Avg time
28	3:51.02 238	3:15.53 157	2:50.38 39	2:59.56 58	2:47.32 59	2:45.53 44	2:53.21 61	4:00.01	2:45.53 1984	3:03.28

As you can see from the photo Guy has injected some fun into his running. Pushing the barrow in the Festival City Marathon still gave him a 4.00.01 time. Guy is a very active member of the Murray Bridge Hash House Harriers and is Director of the Murray Bridge Triathlon to be held on December 7th this year.

Time permitting Guy may also be our guest speaker at our Warringa weekend.

STELLA EMBERSON

FRONTLINE FORD

BILL ANSCHUTZ GIVES HIS VIEW

My first awareness of the Marathon came when Forbes Carlisle, the famous Australian swimming coach announced that he was training for olympic representation in the marathon in 1956. He collapsed from exhaustion before the Olympic trials and was reported near death, as a result of weight loss and physical damage from excessive exertion. From that time the marathon became a fascination for me and represented a physical and mental achievement that I dared not to even think about.

In 1978 my son Michael entered the Sydney marathon and I followed taking pictures, little realising that his first time of 2 hours 58 minutes was an excellent achievement. Still fascinated I watched him in 4 more marathons and felt my growing interest, and urge to share the achievement and the emotion of conquering the enormity of this distance.

For three years, runners knee would stop me running more than 50 metres, and I finally resigned myself to the realisation, that I would never run again. It seemed that running was a closed chapter, and that I would never again feel the exhilaration of running, for the sheer pleasure of burning up plentiful energy. Perhaps I was just too old. Misery and depression haunted me, as I listened to the music of Chariots of Fire and watched the strain and determination on athletes faces, who could still conquer these challenges.

It was April 1983 when my wife and I enrolled in the Adelaide 1000 with the Institute of Fitness & Research. Tony Sedgwick coached us through calisthenics till we could finally run the Uni Loop (2.2 km) without stopping. Twice weekly exercise for 12 months — now I could run 6 kilometres; I couldn't believe it. Maybe I should try the City Bay, would my knee hold out, was I too old at 50? Bob Ansett ran his first marathon at 50, but then Bob could always run faster and further than I could. Michael, my son, was training for the marathon again and it would be good to run with him and improve my fitness, but of course the marathon was something that

I would never do. 15 kilometres was the absolute limit, or was it?

The Road Runners Club was growing, they seemed a likely bunch, and after all I was improving my fitness as well. It was like a magnet and as I got to know more runners and I discussed serious sponsorship with Bruce Abrahams, Malcolm Symes and Chris Acton, I could feel myself being more deeply involved.

The Jubilee Year was to be something special and the marathon, an AIMS event on the world calendar. What could we do to make this a really spectacular event? The ideas were kicked around for a while, and I finally agreed to provide a van for the Club's use, I wanted to have the lead cars, as we had done the previous year. And finally the big one, what about a car as a prize! A prize for whom? The winner — no, a random draw from the marathon starters — yes! — okay, let's have some lunch and talk about it. We rehashed the same ground, and yes, it was to be a great event, why not run in it. "Who me?" "Yes, you", Bruce said, "you can do it". "No I can't, I would like to, but my knee won't hold out and the furthest I had ever run was 15 kilometres". Bruce called me on the telephone some days later and said, "I've got a great idea, why don't we have a lucky key draw for the marathon, with 12 keys drawn throughout the year and the final draw at the Jubilee Marathon". The 1985 marathon could be the first draw, and yes, we would sponsor an Aid Station as we had done previously for the Marathon and Half Marathon.

"You are going to run the Jubilee Marathon, aren't you, Bill?" Bruce asked me again, and again, and by this time I found myself saying "yes". What have I done, how stupid can you get, this is not for me, I can't afford the time to train, I'm not fit enough to run a marathon. Dr George Sheehan says you can, if you take it easy. Maybe I can. Nine months is sufficient training time if you follow the Adelaide plan. Okay, here I go.

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150



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OPEN TO WOMEN OF ALL AGES

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The Advertiser

Race, Run, Jog or Walk, Lots of Fun, Prizes and Awards

The Course

A scenic 5km loop bounded by War Memorial Drive, Frome Rd., North Terrace/Botanic Rd., Hackney Rd., Botanic Park, Bundy's Rd. The surface is road or footpath all the way. Flat and fast! Start/Finish on War Memorial Drive (rear of the Zoo).

Entry Fee: \$5 per runner, \$3 students.

Fee includes cost of run, prizes, awards, and finisher certificates. Healthy breakfast available.

Entry Deadline: Entries must be received on or before Wednesday, 19th November. No postal entries will be accepted after this date. Late entries \$7.00.



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Five members per team.
Team entries must be enclosed in one envelope.

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Awards and Prizes

All finishers receive a Finishers Certificate and accurate time/position. The Award Ceremony will commence at 9.30 a.m. on race day. Merit Certificates for the winners of all ages represented will be posted after results have been verified. All teams are eligible for random prizes drawn from the barrel during the Award ceremony. Every Finisher has a chance to win from hundreds of random prizes. Prizes distributed on race day. Check your number on the display board after the run!

Standard Chartered

AUSTRALIA'S PREMIER WOMEN'S ROAD RACE FOR THE SWIFT AND THE SLOW
(walkers and walk/joggers welcome)

BILL ANSCHUTZ VIEW

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The Jubilee Resolution Run, (a Key Draw Event) 10 Kilometres on 1st January, 1986 — the first of the Jubilee events committed me to times and dates and I started seriously for the first time to understand that I was really gong to tackle this event. My training lifted to a 12-15 kilometres run on Saturday and the scheduled runs with the SARRC each Sunday, in between I continued with the Institute of Fitness & Research, exercising and stretching for half an hour each Tuesday and Friday then running to the Weir and back. Basically this didn't change except the distances for the Sunday runs grew, but the rest remained almost unaltered.

1986 was becoming tougher in business, and I was totally committed for almost all of my waking hours. The Greenbelt Half Marathon came, and this was the first real test. Weak in the knees and totally exhausted, I crossed the line in 1 hour 52 minutes. However would I double that distance in three months, the spectre of this daunting task grew daily and the pressure to keep running and training never left me. Maybe I could run to work, about 10 kilometres, and I did this several times. The Speedy Mufflers 25 Km loomed up, and I made the distance, from there it was essential to stay with the Club's training program because I was already behind in my schedule and becoming increasingly concerned that I could not keep to the recommended distances. The 30 km runs came, and I ran these and I guess if I can do 30 Km, I can do 42.2 — strange logic!

The car market was declining rapidly and there were plenty of problems which kept me working until midnight, most nights. Two weeks before the marathon started I knew I was behind and the spectre of 42.2 km became a daunting reality. I cannot afford to run so that I am totally useless for a week after, and maybe I should pull out. I had knowingly committed myself to everyone I knew, and slammed the doors behind me, there was no backing out, just get there without hurting myself.

AUGUST 31ST — RACE DAY

I was there early, I didn't want to have to walk too far after the race. The advice of seasoned marathoners rang in my ears — "hold back at the start, don't go too hard, drink at every station, hold back, hold back". My target — 4 hours, 15 minutes.

8.15 a.m. King William Street; a countdown 5 4 3 2 1 boom! The mob seemed to race away with nervous energy, and I could also feel this surging through me. I looked around for people I knew and finally saw KG, Ken Cunningham and started chatting to him as we ran down King William Street through Victoria Square to Sturt Street. Around the corner into South Terrace the field had strung out over a long distance, and some were already through the Aid Station in Greenhill Road. As I grabbed a drink from the Frontline Ford Aid Station my team cheered, and John Odontiadis took my picture — 3 times. I could not let them down either.

Now for some steady running; no exertion, just find a rhythm and run within myself. Into South Terrace again and down Anzac Highway. My God! Is it only 5 kilometres? 37 kilometres to go. Where is that guy with the wheelbarrow and the beer barrel, did I see Superman some where, Stella was alongside me, I could hear her breathing hard, I'm okay, feeling good and relaxed as we head down through 10 kilometres drinking at 5 aid stations so far. Would I really need that much water. Everyone says to drink at each aid station, so drink, I do. Heavens above, I need a toilet — that's better. Runners are passing in the opposite direction, there goes the Premier, Richard Payne and Kevin Markham and many others who wave. I am a long way behind the leaders, but just take it easy. I am on time, just under 6 minute kilometres.

We round the turn at Brighton Road and instantly the temperature climbs with the wind behind us. We stay step for step, even pace, no pressure, easy breathing, relaxed style. No pain, it is a long way to go yet. We swap places with the Kiwis who call out "Here's our Sponsor. Got your voucher, puff puff, would love the \$200 of accessories, but can't afford the car". The things I do to sell cars!

Through 15 Km, past Marion Road, past South Road, up the hill to West Terrace. "Hi Rosemary (Senatore Rosemary Crowley), how are you?" "I'm stuffed". Is that Ken Cunningham, he looks different, he seemed to have started out very fast, I can't believe the change, he looks dreadful. That's not Ken, my imagination must be playing tricks. Whoever it is he sure looks dreadful.

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AFFIRMATIVE ACTION

What does it mean for SARRC

Our General Manager definitely supports Equal Opportunity. He says: "it saves me the embarrassment of trying to stand when a member of the opposite gender enters the room."

Equal Opportunity does not mean that every human is expected to be the same. All humans have the right to live their lives to the fullest, to be powerful in directing their own life no matter what race, religion, gender they are, or disability they have. In some cases the rights of other species must be considered.

In order to give women the power to be fully in charge of their lives it is necessary to take Affirmative Action on some issues. Women in the past have supported men in their athletic endeavours. All we are asking is that men support us in our *Women's Fun Run* (7 March 1987) and our *Women's 10km Classic* (23 November 1986). These events help many women to overcome the insecurities they have about being a runner. We love training with men but some of us still need female support when we fell slow, overweight and too embarrassed to participate.

Society and education are changing but until we see women participating on an approximate 50/50 level we need to take affirmative action. Affirming one group in an activity where they have been a minority does not mean we are putting down the majority. Don't look only on the surface and say we are excluding men. In fact, we need volunteer officials to be marshalls, drink station organisers and to welcome us over the finish line.

Equal Opportunity is not brought about simply by stating that we support it. The necessary change is not a simple straight line to Equal Opportunity but rather an unfolding of awareness of both men and women.

"And a man said, speak to us of self knowledge . . . The soul walks not upon a line, neither does it grow like a reed. The soul unfolds itself like a lotus of countless petals."

— The Prophet — Kahil Gibran

So please support us in our efforts to bring women to equal opportunity in our great club.

Volunteers please contact the SARRC Office (213 0615). Many thanks.

(And what about a Fathers and offspring run for Fathers Day — any one interested?).

STELLA EMBERSON



ADELAIDE 10KM WOMEN'S CLASSIC

The Adelaide 10km Women's Classic will be held on Sunday 23rd November, 1986. The event caters for all women; walkers, elite runners, and joggers.

We are expecting a field of 1,000 runners this year, making the run the Premier Women's Event in Australia. Women are encouraged to form a team with a minimum of 5 members. Teams will be eligible for random prizes on race day.

The stunning fashion T-shirt available for \$15, in 100% cotton, with a colourful, original design, can be ordered. T-shirts can be collected from the SARRC office or on race day. You may like to see the T-shirts on display in the SARRC office or on Sunday mornings at North Adelaide, in early October.

The course will be 'man-ed' by the eager males, who will be left minding bags, children, dogs and car keys for the morning. Volunteers can give me their names on Sunday mornings at North Adelaide!

Any business 'people' willing to donate random prizes, may notify the Office. Hundreds of Random prizes are needed and any contributions are very welcome.

KAYE MONCRIEFF

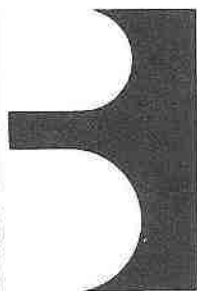


The S.A. Premier, John Bannon No. 150 closely followed by and eventually overtaken by, Harry Davis — pictured looking over the Premier's left shoulder, accompanied by Anton Van Den Broeke (No. 2557) and Philip Henschke (No. 2319).

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F603

EARLY START

by Brian Lenton

Early one Sunday I found myself lining up with over 2500 other runners (including 600 interstate and overseas competitors) in the 1986 Foodland Jubilee Festival City Marathon. In fact the 8.15 start was too early (for me) and it didn't surprise me to subsequently read that Adelaide would soon be switching to Eastern Standard Time.

The Festival City Marathon would be Australia's second biggest this year with a record 2750 entrants (almost double the previous year) and 460 female entrants (17%) which is the highest figure ever for a marathon Down Under. Compared with the inaugural event in 1979 the number of entrants increased 400% this year.

A few minutes earlier a frantic search for pins at the Adelaide Oval check-in said something about the thoroughness of my race preparation! Through the Victor Richardson Gates on to King William Road one could have been engaged in philosophical thought about the mass participation of road running versus the mass spectatorship in cricket. I didn't! My only thought at the start was the standard one — "I wish I was still asleep!"

It had been ten years since I started a marathon and fifteen since I finished one. Still, I had passed the normal pre-marathon test with flying colours — a torch held to the right ear with light shining through the left. Dave Cundy, Race Director of the Nike Canberra with a 2.41 marathon best, had given me a fifteen minute start (on paper) for

\$50. I had a 3.29 PB from 1972. It seemed like a good idea at the time but a lot can happen in a year and both the Aussie dollar and I went the same way. About the only thing I didn't do was slip on a banana.

Anyway the cannon fired and both the runners and balloons were away. The first 5km through the city was easy. It was a great way to see the City of Churches. Flanked by extensive parkland, Adelaide is a beautiful city, even for non-runners. In fact, excluding Canberra, possibly the best in Australia.

The headwind along Anzac Highway was a nuisance more than a hindrance. Someone went past with 'I've got lead in my shoes, what's your excuse?' printed on the back of his T-shirt. Although not original I grinned and then spent ten minutes or so trying to think of catchy phrases. But my mind was a blank, so it was head down and plug away. Mind you the technique of just looking at the ground in front of you should not be dismissed lightly. Lisa Martin runs 2.26 doing it!

At about 20km on the return Anzac Highway leg I got a bad stitch and had to walk for a couple of hundred metres. It almost coincided with Capri Lodge where I was staying. The cynical amongst you will probably dismiss the trouble as totally psychological. In any event, the urge to stop at the flat as almost overwhelming and it was a credit to my mental make-up that I was

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CITY OF HAPPY VALLEY J150 CELEBRATIONS

In a romantic tracing of their suburb's origins, a group of Coromandel Valley residents staged a re-enactment of the first settlement of their district.

Back in 1837 the 662 ton sailing ship, Coromandel, arrived off Holdfast Bay. The view which greeted the sea worn crew, to quote the Adelaide Chronicle of July 1933, "presented an alluring prospect".

Forest stretched from the sandhills to the fledgling City and for ten crew members the temptation was too much. They deserted, fled to the hills and hid in what is now Coromandel Valley for six weeks until their ship sailed once more.

The Coromandel Valley Community Association had rounded up ten would-be deserters and South Australia's jubilee Flagship, the *Failie*, stood in as the Coromandel.

The *Failie*/Coromandel sailed into Holdfast Bay and her 'deserters' took to a surf boat for their escape to shore.

The ten deserters then followed, as closely as possible, their predecessors route up Sturt Creek. Camp was struck alongside the Creek at Weymouth Oval at about 6 p.m. when the families and supporters of the 'renegades' joined them for a barbecue tea.

At dawn the following morning, the 'deserters' broke camp and headed for the caves above Coromandel Valley which are believed to have sheltered the original deserters.

The walkers then made their way to the nearby Frank Smith Park for a tree planting ceremony and community breakfast. The Blackwood and Uralla Blackwood Scout Groups co-ordinated the breakfast.

The re-enactment team lined up to lead fun runners across the starting line in the Coromandel Valley to Flagstaff Hill Fun Run.

The Run was co-ordinated by the Hub YMCA and followed a picturesque 10 kilometre route to Flagstaff Hill Oval.

Up to five hundred fun runners took part in the event. Trophies were presented to Adult Male and Female Winners, High School Male and Female Winners, plus Primary Male and Female winners.

Fun runners crossed the line at the venue for the Rotary Club of Flagstaff Hill's Jubilee 150 Fair.

The Fair was an official Jubilee 150 event and those attending were encouraged to do so in colonial dress.

It was an exciting event offering something for everyone. A Colonial parade started at 9.30 a.m. at the Flagstaff Hill Primary School car park, travel along Black Road and on to the Flagstaff Oval.

A fun and colourful sight the parade included Penny Farthing cycles, an historic wagon desendents of pioneer settlers, marching girls and the Australian National Band.

At the Fairground there were 50 stalls laden with crafts, bricabrac and produce plus plentiful supplies of food and refreshments.

There was a constant timetable of entertainment throughout the day including Maypole dancing, Humphrey B. Bear, Volley Ball demonstrations, music, side shows, a hot air balloon, colonial dancing, a J150 fashion parade, and the Good 'O' Dog food eating contest.

The Coromandel Valley re-enactment, the Hub YMCA Fun Run and the Rotary Club of Flagstaff Hill Fair were supported by the Happy Valley J150/Bicentennial Committee.

1986 FESTIVAL CITY MARATHON FINISHERS T-SHIRT

Finisher T-Shirts can be collected from the S.A.R.R.C. office, Monday, Wednesday and Friday from 12-2 p.m. Only true finishers are entitled to these T-shirts. S.A.R.R.C. has some extra finisher T-shirts. A second T-shirt can be purchased only by finishers at a reduced rate.

Pre-ordered Souvenir T-shirts are being held at the office and should be collected as soon as possible.



Jenny Dabinett (left) and Heather Sody in the Ultra Tri 6.

THE CHALLENGE

by Jenny Dabinett

The Ultra Tri 6 — what was it that attracted 116 people to this event? For me it was the challenge of physical endurance and of self discipline needed for training, the prospect of being part of a unique event and the excitement, fun and camaraderie associated with this type of event.

Training for many competitors began 1-2 years before the start, building up to 20-25 hours a week over the last 4-5 months. And so it was a considerable relief to finally assemble for the start in Victoria Square on May 19th.

Day 1. Cycle 159km Adelaide to Clare.

"When your mind and heart accept the challenge ahead," Your body can do nothing but follow".

(The quotes were supplied by a friend, Kaye Haarsma — one for each day). The first day was relatively easy with all of us feeling incredibly fresh and bursting with energy — such a change from training!

The short dirt section proved no great problem and S.A.'s Allan (the) Fox and Sydney runner Bob Telfer crossed the line in 4:41. First woman was Jenny Bonnet who finished in 5:25 (34th overall) 20 minutes ahead of her nearest rival.

Day 2. The big one — 230km cycle from Clare to Swan Reach.

"... when all that seems sensible is to lie down and die, it's the plugging away that will win the day".
Mawson-Antarctica.

A pre-dawn start. I was in high spirits, my mood obviously shared by others with laughing, joking and singing being the order of the day (for the first hour or so anyway). A chirpy Mary Hartley helped the mood along with her encouraging comment "Looking good — only 200km to go!" But 50km of that was the dreaded dirt section. However it wasn't too bad provided you were lucky enough to avoid punctures! Here bad luck was anything from 1 to 9 punctures — eventual winner Bob Telfer had 3!

Allan Fox retained his overall lead, crossing the finish line with 5 others in 6:58. Jenny Bonnet again dominated the women's field finishing in 8:11 (30th overall).

Day 3. 39km paddle Swan Reach to Walkers Flat.

"I'm an optimist, but an optimist who takes his life jacket".
Harold Wilson, M.P.

1986 Festival City Marathon

Sunday
Mail



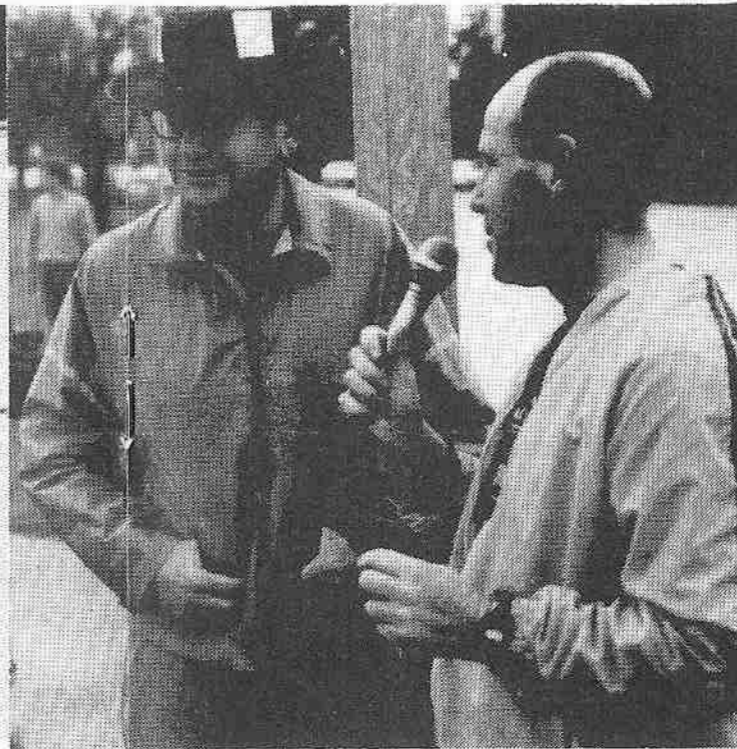
William Hennessy

Graeme Cox

FINISH



1st Female, Desiree Letherby



V.P. Chris Acton interviews "Clack Kent"



Max Barnes call 1/2 way times



1st Male, Peter Bourgaize



David Sanders after the officials marathon



Bob Turner. A new record this year

EARLY START

Cont. from Page 17

able to resist. On passing the cemetery at West Terrace I was beyond thinking of any smart analogies between the relative speed of myself and the tombstones.

I'd been drinking at every water-stop, and after crossing the Torrens River and progressing along past the golf course, I was absolutely busting. I would have stopped earlier, but the running literature I'd read had said that you sweat out what you take in. Consequently you should never have to stop for a leak. So much for the theory! I jumped behind a tree, and my apologies to that guy for distracting him from his bunker shot.

The long hill at 25km wasn't too bad. Actually I don't think I was running any slower than on the easier sections of the course. Perhaps it broke up the boring rhythm of flat running or it works different muscles or something. Frankly, I didn't engage in that sort of running analysis at the time. Around 30km the squawking of birds from Adelaide Zoo was overwhelming, but temporarily distracting. In some ways it reminded me of trying to teach kids last lesson on a Friday.

Over the river was the Hackney Hotel, venue of the post-race dinner. The superb value-for-money buffet meal was the best I've ever had anywhere. If I had known how good it was going to be I would have DNF'd and had lunch then and there!

The Hackney is ideally located, just before 'The Wall'. Although 'The Wall' doesn't physically exist, a lot of running writers (except me) have made a lot of money talking about it in books and magazines. If you talk to Deek about 'It' and are looking for concrete answers, you might as well be talking to a brick wall!

Along Dequetteville Terrace, and part of Adelaide's Grand Prix course, I passed Dave again. The lucky bugger only had about 3km to go. For me it was still double figures. The loop around Victoria Park Racecourse was a real pain in the neck (and legs). I managed 7.30 pace for the first twenty miles and ten minute miles for the last six.

No reflection on course surveyor Gary Nichols, but I'm positive that the distance from 40km to the finish was well over, or perhaps my watch had somehow synchronised with my leg movements? Then on to the finish at Elder Park with such cultural landmarks as the Festival Centre and Adelaide Casino nearby.

By my crossing the finish line race announcer Brian Chapman and the Flinders Athletic Club were 50 cents richer. Even I wouldn't have thought my body was worth that much! A quick check with Dave Cundy confirmed that he had won the bet comfortably — only 38 minutes ahead of my 3.31 performance. Regarding profound questions like 'was it a relief to finish?' and 'Would you ever do it again?', it was a simple yes and no answer!

The following are some random highlights in no particular sequence. Robert Turner won the wheelchair section for the sixth time and set a new course record by almost five minutes with 2.08.24. Desiree Letherby won her fourth Festival City Marathon and took over five minutes from the W40 mark with 2.59.20. Peter Bourgaize's winning 2.25.16 (10th marathon and first victory) displaced Lisa Martin as South Australia's fastest marathoner (so far) this year.

Peter Kallio placed in the first dozen and eclipsed Martin O'Dea's M50 record by around 17 minutes. Debutante David Hookes recorded 3.38 and his marathon philosophy (as told to a journalist) would appeal to many (and certainly myself): 'I hate every step, but I love the shower afterwards and the beer.'

Former SARRC General Manager and President Bruce Abrahams easily won the most improved award — about 2½ hours on his 1985 run (when race director). Bruce's 3.35 run was his second fastest time in the Festival City Marathon, about 4 minutes outside his 1981 best. Ian Hill, fourth, completed his highest placing ever and the time of 2.32.10 was Ian's second fastest for the race.

The ACT (unofficially) won the teams section with Trevor Jacobs, Peter Kallio, Ken Eynon, Geoff Moore and Bryan Thomas all running sub-2.40. It would have been big Trouble (in Little China) if I had been a scoring member.

What about Premier John Bannon though? In his eighth FCM, with all previous performances sub-3 hours (a unique and unbeatable record), John's 2.45.36 was only about a minute outside his 1983 run. As he told a reporter: 'I reckon I produced a bloody good budget, but I couldn't get my personal best in the marathon!' Given the constraints of time and the responsibilities and hassles of the job, John Bannon's run was the performance of the race. The Federal equivalent would be Bob Hawke serving an ace to Pat Cash.



Brian Lenton (left) finishing the 1986 Festival City Marathon — story opposite page.

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PROFILE ON MALCOLM PENN

By Stella Emberson



Malcolm Penn — blind walker finishing 1986 Marathon.

Two participants in this years Festival City Marathon were blind. One was 65-year-old Malcolm Penn who walked with his friend Bob Henscke a former marathon runner.

Malcolm, a lawyer with the legal services commission lost his sight after an accident when he was 4 years old. Fritz, the guide dog owns him now, but most of Malcolms training has been done with his friend Bob or his youngest son Phillip. However Fritz and Malcolm do walk to work sometimes — from Manningham to the City — a journey of an hour and twenty minutes.

Malcolms family have been very supportive and fed and watered him during the Festival City Marathon. Malcolm enjoyed starting the Marathon $\frac{3}{4}$ hr before the runners. It gave him the feeling of really being involved and of course runners said "Hi" as they went past.

Malcolm walked a couple of City Bay

events and some of the half marathons then last year he walked the marathon in 7 hrs 10 minutes. This year he reduced his time to 6 hrs 36 minutes.

Bob and Malcolm trained in the summer months by walking around Victoria Park but towards June and the darker evenings they trained at the Uni Loop. Phillip went around the City part of the marathon course with Malcolm, a few weeks before the event.

Malcolm feels anyone should be able to walk the marathon but it does require a great psychological effort. Having to stand up for $6\frac{1}{2}$ hrs, to be out in the sun, or wind and rain for that length of time requires a determined effort.

Another of Malcolm's hobbies is cricket. At the moment the S.A. Blind Cricket Club is in great need of Umpires (Gilles Plains area). If any of you can help, please phone Malcolm Penn on 224 1222 (work) or 261 6171 (home).

WHAT IS CHIROPRACTIC?

Chiropractic Physiologic Considerations

Man is a complex, integrated being. Spinal disorders may cause or contribute to disease, and disease may cause or contribute to spinal disorders. While the nervous system influences the glandular system, the hormones have a great influence on the nervous system. A digestive disturbance may result in a spinal pain, and a spinal disorder may result in digestive dysfunctions. A heart condition may send shooting pain down the arm, and a spinal or rib-joint disorder may mimic a heart condition. The cycles are endless. The processes are one of life and dynamic motion and reaction which, unfortunately, cannot be truly identified by static x-ray studies or even on autopsy. It can only be witnessed in **life**.

The name given to a disease process does not negate the chiropractor's duty to correct the anatomical disrelation and/or the neuromechanical disorders that are causing, maintaining, or are associated with the disease process. Through the ages, the musculoskeletal system has been cooled, heated, massaged, palpated through, cut and injected into, yet never truly considered important until the birth of chiropractic concepts.

Today this is changing as witnessed by current publicity for external heart massage and the diaphragm adjustment to dislodge a food bolus — both evolvments from chiropractic techniques developed decades ago. Publicity surrounding the chiropractic care of various athletes enabling several world records to be broken is also a compliment to the chiropractic approach to therapeutic kinesiology.

The concept that spinal-mechanical disorders such as subluxations and fixations may cause functional abnormalities is the

basis of chiropractic thought and one of its major contributions to generic medicine. Continuous research in this area must be made for this concept promises to answer many unsolved problems facing health science today.

In addition to the correction of biomechanical faults, the development of good posture habits and the necessity for regular exercise, and good nutrition plays an important role. Nourishing food that builds bone and muscle and maintains nerve and blood integrity is essential to good health.

Too often in our society a well-balanced diet has been replaced by manufactured sweets, snack foods, and TV dinners. While four-fifths of our daily foods should consist of base-forming vegetables, raw salads, and fresh fruits, most American tables display four-fifths acid-forming concentrated proteins, starches, and sugars. Autointoxication, weakening natural resistance forces, is an accumulation of debris from acid end-products of digestion, metabolism, and cell decomposition. Anything which burdens our alkaline reserves depletes our functional potential.

Exercise helps to speed metabolism and to oxidize and eliminate excess protein, yet the end-products of muscle fatigue are acid ash. Also, comparatively speaking, most of us avoid regular exercise because we are twice as efficient mentally as we are physically. While a diet rich in fruits and vegetables would be of benefit, processing and over-cooking minimize their effect.

It is during sleep that we regenerate, recharge our run-down batteries, rebuild our weakened defenses. We should be at our best in the morning; why is this not so? chronic fatigue and hampered expression of personal potential is a departure from health, therefore a disease. It could be well called the most common disease in Australia today — a national handicap.

LETTER

Recently I ran in the Jubilee Festival City Marathon, and would like to express my appreciation for a well organised event which allowed competitors to focus on the race.

The professional organisation, scenic route and enthusiastic crowd make for a

pleasant run and created an environment for a PB for the run.

I look forward to the opportunity of competing again in Adelaide, and please express my appreciation to all involved, with a special mention to the police.

MIKE SMITH

FACE FIRST INTO THE WALL — DNF!

Having successfully completed four marathons including two in Adelaide I was looking forward to my fifth and a PB. Well, as happens when you try for the bit extra, you can run the risk of bumping your nose against a brick wall.

At 33 and a bit kms I managed to slam face first! Nothing worked and so after another few kms of hobble/limp/walk I decided discretion was the better part of valour and headed off the course to live to fight/run another day (particularly since I had already signed up for the Budget marathon in Melbourne in October).

So, I headed off the course and for the finish. After a few kms I had rejoined the course (having cut off a large corner) and feeling that I was alive again (ie my knees worked!) I jogged/hobbled/limped on the course to Elder Park. Coming under the bridge I discovered a barrier crammed full of people leading to the finish line.

I was forced to run the last few hundred metres along a 'gauntlet' of cheering and encouraging people. Having not run the full distance I felt completely humiliated. Crossing the line didn't improve things!

No amount of telling would convince the girl at the table that I had not completed. She told me "It's OK, they will fix that up later." I guess they encounter quite a number of deranged runners after 42.2km! Anyway, they were very efficient and intent on getting me through the finishing race into the park.

I had a medal thrown over my head by which time I was in tears. Bad enough that I was in actual physical pain and despairing at missing a PB, but having the humiliation of being, unfairly, treated as a finisher and congratulated. I trudged off to get my gear, changed, flung the medal in the bag of fruit and went off to collect my souvenir T-shirt as a consolation prize.

I then drove back to Canberra. I went to put on my T-shirt and that had "FINISHER" on it too! So I am sending it, the T-shirt, and medal and certificate back under separate cover (I ate the biscuit and fruit though!!).

It was not a happy marathon for me! This letter is to make sure that "DNF" goes next to my name and number, not any time because even though my body feels like it ran 142.2km I did not complete the full course.

I will overcome my misery to run a PB in Melbourne and be back in my old home town in '87 to beat it at the best marathon in Australia!

STEVE BROWN

★ ★ ★ ★ ★ ★ ★ ★ ★

Congratulations to all those athletic souls who took part in our Festival City Marathon — may fortune have favoured you with success.

There is no doubt that participation in such an event must effect the brain, as with the dust yet hardly settled on August 31st, some foolhardy characters are planning their further involvement. A number have even requested program notes for "tween marathon training".

Seriously though having spent so much time, effort and money to reach such a high level of fitness it probably pays to maintain it. For those of you who want some guidance on the matter I will prepare a handout which will be available on Sunday mornings (or by

request from the club for country members).

The "Adelaide Plan" itself, having had its trial by ordeal will be republished. It is intended to do this in a comprehensive format rather than in sections as was the case this year. As I am in the process of revising it I would greatly appreciate any constructive feedback, or ideas for improvement you may have. Comments from first timers would be particularly welcome as it was to you in particular the program was directed. Any thoughts can be given to our Manager Eric or referred directly to me.

Best wishes for continued fun on the run.

DAVID NEWLAND
Crafers S.A.

I would like to congratulate the SARRC on its excellent organisation and running of the Adelaide Festival City Marathon. It was a pleasure participating in such an event. Thank you.

ANDREW PARTINGTON

★ ★ ★

I am writing to you to inform you of some of the activities of the North Haven branch of the S.A.R.R.C. in the hope that you may be able to include an article about us in the next magazine issue.

The North Haven branch meets every Sunday at the Le Fevre Recreation Centre, Victoria Road at 8 a.m. We have a very sociable branch that caters for all running abilities and a small active walking group.

We recently held a very successful CARBO — PARTY (a small affair) at the Le Fevre Rec Centre, where race packets were distributed and everyone shared a variety of B.Y.O. carbo rich dishes.

Our branch entered 8 females, 11 males and 2 walkers in the 1986 Festival City Marathon of which 15 were first timers.

Times ranged from 2:49.00 (a first timer male) to 5:45.00 (first timer walker) with only one entrant not finishing, which was a great effort for such a small branch.

On Sunday October 26th (Grand Prix Weekend) commencing at 8 a.m. we have organized our second annual "Old Customs House Fun Runs".

They are a 10k run (approx 3k of beach running) and a 3.2k run (entirely on the beach). These runs are a "Low Key" affair with all monies raised being donated to the Le Fevre Recreation Centre.

Medallions will be presented for various age division winners by the Mayor of Port Adelaide, Roy Marten.

We invite you to pay us a visit — what we lack in numbers we make up for in our friendly atmosphere. Hope to see you soon. P.S. Have now completed my eighth Festival City Marathon and am pleased to say that this year's was even better than the rest — possibly due to the slight course changes and the weather. Congratulations on a superbly organised event.

J. MURFITT

I am writing to pass on my congratulations to you for a most impressive marathon.

This was my first marathon and I found the stewards and officials on course were most helpful and gave the necessary encouragement on the way.

The aid stations were a welcome relief and were organised in such an efficient manner that all participants could have an adequate drink in order to avoid dehydration.

It will certainly be a most memorable time in my life to have completed this event and I must admit that at two and a half weeks later I am still wearing my finishers T-shirt and my medallion has not left my neck since that time!

Thank you once again for making my first marathon a happy ending to a rather long and gruelling training programme.

CHRISTOPHER GAUGHWIN
Physiotherapist, Manipulative Therapist

★ ★ ★

I am a German medical student staying in Adelaide until later this year. I joined your organisation in the beginning of April this year.

I return to Germany in February 1987. Should you require any information about any German marathon, please let me know. I can also organise accommodation for the Hamburg (April/May) or Berlin (October) Marathon.

My german address is:

*Arnimstrasse 13
D — 2000 Hamburg 52
West Germany
CO11/49/40.82 93 18*

LUTZ BECKERT

★ ★ ★

Thanks to all people connected in any way to the Festival City Marathon. I took part as a 'walker' and it was my first 'big walk'. Everyone who had anything to do with the run was encouraging and pleasant. A big pat on the back to all.

It was a pleasure (slow and a bit painful, but a pleasure nevertheless) to be a participant!

MEL MONFRIES

LETTERS • LETTERS • LETTERS

Perhaps the following could be published where those concerned would derive the most benefit.

Hail, winds in excess of 17 knots, cold: that was the early morning weather forecast as I peered through the hills fog towards Adelaide.

What ridiculous conditions under which to run a Marathon.

In an attempt to console and motivate myself I dwelt upon the fact that — I would soon warm up. The quicker I finished the less time in unpleasant conditions I would be. I would have a great sense of achievement when I crossed the finish line.

Then it occurred to me. There was one group who would be far worse off than me. One group for whom the conditions would be more unpleasant. One group who could not console themselves as I had. Yet that group was essential to my involvement.

The forecast was incorrect. The point I'm making is not — to the old and to the young and to the inbetween who gave up many hours of their time to handle cold, wet sponges; hand out drinks, and provide wonderful encouragement — thank you. Thank you for making my participation possible. I would want you to know you were appreciated — ney! indispensable!

DAVID NEWLAND

★ ★ ★

Due to pressure of work during the past 3 months I was unable to concentrate on social details such as the closing date for Festival City Marathon. This was brought home to me by the delivery of your issue of SA Running magazine and the inclusion of a list of entries.

I have read most of the articles in that issue and can understand some of the organisational problems you have for an event like a marathon. But I would still like to run it.

Therefore I enclose \$10 donation (not entry fee) and will run in the pack as far as Jolley's Boat Shed but not proceed down the race and into the official finishing area.

Keep up the good work. I will run it legally next year.

DEDICATED RUNNER
(Not sour grapes)

Thanks to all the volunteers who helped in anyway, it was fantastic.

It was very well organized too, thankyou.

LUCY TILBROOK
MIKE WILDASH

SARRC TRAVEL COMMITTEE REPORT

Cont. from Page 15

*Evening meal, Friday. Breakfast, lunch and dinner Saturday. Breakfast and light lunch Sunday. Bring your own special muesli if preferred.

Venue: State Heritage listed 'Warringa' hostel at Victor Harbor opposite beach front.

Departure/Return Arrangements: Depart SARRC, 1 Sturt Street, Adelaide, 6.00 p.m. Friday night. Return to SARRC in Adelaide to arrive approximately 5.00 p.m. on Sunday.

What To Take: Towel, pillow case, sleeping bag. Personal belongings.

Reservations and Payment: Places are limited to 64 and first deposits received get the places. To assure your place forward \$10.00 deposit per person, payable to SARRC, with a stamped self addressed envelope enclosed to enable confirmation by return mail. A total minimum of 40 reservations is necessary before 7th November. The balance of \$35.00 per person must be paid to SARRC by 14th November.

Enquiries: Enquiries may be directed to SARRC phone 213 0615 or Colin Maddocks phone 294 4200 A.H.

NOTE

SARRC has recently completed a sponsorship deal with Australian Airlines. Please support your sponsor. When you wish to fly with Australian Airlines telephone the SARRC office and record your name and phone number, destination and required travel date. A representative from Australian Airlines will return your call to make the booking and finalise payment details. By this procedure SARRC can monitor precisely the amount of business the members give Australian Airlines. This will be of value when renegotiating the sponsorship deal in the future.

LETTERS • LETTERS • LETTERS

This letter is an invitation for members of your club to make use of our 97-acre property situated on the Murray River at Morgan.

Two thirds of this area is river flat with a sweat track, roads for running, jogging, walking, bike riding or whatever else suits.

There would be a good 1.5km of river front and excellent for camping, boating, swimming etc.

The cost — nothing, unless some power is used.

The reason — we have owned this area for some five years with the hope of starting an outdoor education area but time and money have held us back so it seems a shame not to have someone using this ideal spot.

I was a member of your club for two years and feel this would be a great spot for your members to get together and possibly you could raise some money for your club.

There are cabins on the high ground but these are not connected to power and at this stage not set up, but could certainly be used if the weather was not suitable for tents.

Should you wish to contact me you could write to the above address or phone on (085) 40 2166. There is an answering service connected to the number if I am away.

I look forward to hearing from you.

ELIZABETH I. DASHWOOD

★ ★ ★

Many thanks to the runners who participated in the second Advanced Beginners Class. The aim of the class was to provide a group in which graduates from the Beginners Classes can progress from about 7kms to 15kms. The Glenelg — Seacliff 15km run provided a venue for Karen Middleton (83 mins), Judy MacIver (88 mins) and Helen Bennet (93 mins), to demonstrate their newly acquired advanced running skills. Well done. Also a special thanks to instructors Ralph, John and Geoff as well as some of the previous members of the first class, who helped in organising the class.

A special well done to a member of the first Advanced Beginners Class earlier this year, Gerry Velaitis who ran a sub 4 hour Festival City Marathon, and Marlene

Cruickshank, a member of last year's Beginners class, given by Beata Byok and myself, with a first up 3 hour 34 mins. I was helped myself by the many Beginners who cheered me on to finish my 6th Festival City in 3 hrs 29 mins.

TED TROJANOWSKI

★ ★ ★

What a pity that the 1986 South Australia Jubilee 150 Festival City Marathon should have been "officially" won by someone who "did not put much of an effort into training for it because there was no prize money involved."

It is fortunate that the majority (I think) of "winners" in the Jubilee 150 Festival City Marathon actually entered the event for the fun and personal satisfaction of having completed such a well organised event, plus the added bonus of assisting the Adelaide Children's Hospital.

Congratulations and thanks to all concerned for an excellent Festival City Marathon.

JILL ANDREW

★ ★ ★

Having just returned to Brisbane after competing in your 150 Jubilee Festival Marathon I feel that I want to personally thank you for the superbly run event. I thoroughly enjoyed the marathon and you can be assured that nothing but praise will be echoed around the running scenes in Brisbane. I anticipate a few more Queenslanders making the trip in '87.

Once again on behalf of myself, Dayle Gilliat, Joel Vergona and Hugh Hourigan — thanks a million.

Regards

LYN STERN
Committee member of QMRRC

Editor's Note: Thanks Lyn. You Queenslanders did well though we at Gilles Street would like to claim Dayle as one of our ex-members.

LETTERS • LETTERS • LETTERS

I wish to thank you and your organisation for a very pleasurable day on the 31st of August. The SARRC stages one of the most well organised and most enjoyable marathons that I have ever run in. 'Melbourne may be bigger but Adelaide is Better'.

Thank you again and may Adelaide Road Runners have continuing success with the Marathon. You all deserve it.

GLENN WARREN

★ ★ ★

Glancing through your published race results for the Royal Life Half Marathon I believe I noted an admission. The division 55-59 Female category showed a D Hunt as the only finisher or winner. In fact two other women completed the course in this age group ahead of Mrs Hunt.

The results show the Phyllis Banks (my mum) No. 1326 completed the course in 2:15.30 and Oliver Butler No. 144 in 2:01.01. This should therefore result in 1st Oliver butler, 2nd Phyllis Banks, 3rd Doreen Hunt.

Hope you will acknowledge this correct result in your next publication.

HARRY STEWART

★ ★ ★

Congratulations on another great Adelaide Marathon. Unfortunately this year I was a spectator, due to a virus. Because of this, I was told, I could not claim my T-shirt, due to the fact I was not a finisher.

I would suggest to the SARRC Board that we revert to the practice of the previous 2 years, which I have entered, where the T-shirt/singlet is available prior to the run. This is only fair, because the cost of entry, includes the cost of a T-shirt.

As a matter of interest, given there would have been several other entrants that either had illness or injury on the day, and so were unable to finish: what happens to those T-shirts that have been paid for and put aside for those particular entrants.

I don't wish to be negative, for I enjoyed watching this year's run, and look forward to 1987.

Best wishes

PAUL NOACK

Thank you for a *wonderful* marathon! I've decided that the Festival City Marathon was *THE BEST*. It was friendly, fun and exceptionally well organised.

I was particularly impressed with the way you looked after the slower runners. I think we all felt like stars when we crossed the finishing line. I certainly did!

And thank you also for making my TV appearance possible. A very worthwhile venture. Now I'm feeling incredibly weary and ached! and its worth every single bit of it!!

Thanks. It was GREAT!

RIKKI BEWLEY

★ ★ ★

I would like to give my impressions as a 50-54 age group "jog — walker" in the recent Festival City Marathon.

The drink stations (which I had thought would not be ready for the 7.15 starters) were indeed already set up and handing out drinks!

Marshalls were on the job early as well, and I (we) could not have been given more consideration and encouragement had I been a front runner or well known athlete.

As the runners began to overtake us by the hundred (then by the thousand!) along the return leg from Glenelg, we were swept along too by their friendly remarks and enthusiasm.

There is no doubt, that as well as dispensing drinks, every helper along the way was a real "shot-in-the-arm" (leg rather) with their happy faces and helpful remarks. A special thanks to all children who helped so unselfishly.

As for the spectators — what a boost!

Finishing more in the crowd was also good.

In thanking the committee, volunteers, police, the sponsors, and St. Johns and everyone else involved in encouraging participation in such an event, I can only say the heartfelt (but not very original!) words; Oh What a Feeling!!

G. WRIGHT
No. 2504

BILL ANSCHUTZ VIEW

Cont. from Page 12

Halfway — 2 hours and 5 minutes, that's okay. My pace is even, I feel alright. Michael's words ring in my ears, hold back until 30 kilometres. The last 12 are very tough. Into Currie Street, there are plenty of people walking, I'm okay. The police are helpful, I thank everyone who claps and cheers as their energy comes across and gives me a life. After 15 kilometres of running together, the big guy introduces himself, "I'm Craig Stratford" "Bill Anschutz". Conversation drops but I am staying comfortable, we move into Memorial Drive watching the golfers as we run past and start to climb the hill. Heartbreak Hill? It's okay, at least there is no head wind. Into Mill Street and we are keeping pace with the wheelies who are doing it hard uphill. The big guy is still there running pace for pace, no surging, no holding back. It is warm now, I wish it were cooler. "Look out, we are coming through", cry the wheelies and two of them fight their way through the crowd, not being able to take advantage of the run down hill and around the corner. I feel sorry for them, they needed that run.

Into Strangways Terrace, there is Kevin. "Hi Kevin, have you just joined in the race from your home?" "No, I was looking for you". Kevin lives at North Adelaide and he looks worse for wear. There are more people now. That's good, someone to cheer you on. Past the Adelaide Cricket Ground, cross over, keep right, keep right, down through the tunnel under the King William Street bridge, the wheelies go over the top. The tunnel is cool, then up the bank onto the running track. "Hi Bill". There is, — ah —, Tijania. "Hi, Tijania". Why can't I think of her name. It is becoming harder to focus my mind on articulate detail. Around Memorial Drive, there are the New Zealanders again walking and running intermittently. We go past and they catch us soon after. Kevin, Craig and I run together. Kevin is starting to lose ground. I am starting to feel the strain as we approach 30 kilometres. This is as far as I have ever run, but I feel okay. This is all unknown territory now.

We turn the corner and cross the bridge opposite the Hackney Hotel. Beep, beep — there is my wife, she was working at the Aid Station and is heading back to the finish.

Thank God I feel alright, and look okay, she will be worried. Into the Botanical Loop, we are catching quite a lot, and many runners are walking. We are still okay, still running, still comfortable but I can feel my energy sources running down. How much have I got, half maybe, that's enough, keep going. Past the Bus Depot. The Wall should be here somewhere. What a silly thought to put into people's minds. There should be no barriers, no bogey men, just keep running, just relax, stay comfortable and keep your rhythm. Along Dequetteville Terrace. My ankles are hurting now and my thighs are sore. After all they have never worked this long before, but I'm okay.

34 kilometres, past "The Wall". 35 km — a loud voice calls "3 hours 35 minutes". My mind can't calculate the rate, why didn't I write my splits on my hand, maybe I could do it in 4 hours if I tried, 4¼ hours still seems okay. No more conversation. It's now hard, I need all the energy I have to survive.

Around the corner and into Greenhill Road, someone says "You are looking good", but I can feel my body weight dropping, my legs aching, and my arms and face are wasting. Suddenly it is really hard, I just have to walk, this usually lets me top up my energy. Breathe deeply, fresh air into your lungs is the only form of energy I can gain now.

The traffic is banked up and the exhaust fumes are sickening. Back into a run. Oh! That hurts! How far have I gone? 37 kilometres. I can't drink any more water, it is starting to make me feel sick. How can good water make you feel sick? Maybe it is the exertion.

Into South Terrace, there are many people walking around me. I walk for a while, then back to a run, keep up, keep going, don't stop now, it can't be too far away. Into the bicycle track alongside Victoria Park, I am seesawing with people, some walking, some running. My body feels like an old crab shell on the beach, totally hollowed out. The hollow feeling fills me, there is not much left. Walk for a while, walk then run.

Into Wakefield Road, I have to run to avoid the traffic. I can't have any sudden exertion, I must eek out the last of my energy. Along Wakefield Road, the hairpin into Dequetteville.

Cont. Page 44

A WALKER'S REPORT

Cont. from Page 8

red we plodded on with Janice Graves setting a cracking pace; she also had an endless supply of jelly beans which were generously handed around to everyone, and even a few runners stopped long enough to grab a couple.

We reached the half way mark two minutes ahead of schedule and feeling okay — then suddenly my legs began to feel very sore and as we headed up to North Adelaide I swore that my training had been no way near adequate. Should I stop at 30 kms? Then Eva appeared with oranges and vegemite sandwiches and we headed off with renewed vigor; it still seemed a long way to go but we were on the homeward stretch. I could not keep up with the very fit or fast walkers any longer and decided to walk at my own pace, and luckily Mandy was close by so we encouraged each other on through the endless loop at the Botanic Park and out on to Dequetteville Terrace. We watched enviously as the runners coming towards us headed for the finish line and we still had to circumnavigate Victoria Park Racecourse. Undeterred we battled on, my legs threatening to give in at any moment. The marshalls and people on the drink stations were wonderful and offered so much encouragement. . . "You're looking good" "Not far now" "Good on yer" all helped to keep us going.

I managed to get a second wind (thank goodness) as we turned into Glen Osmond Road, then Maureen appeared from behind us and roared off at great speed over the horizon and out of sight — if she could do it so could we!!!

Eva still gallantly rode along beside us offering words of encouragement and the end was in sight — not far now. Down Frome Road — great to have a downhill stretch and even managed a jog — then down to the Torns and under the bridge. I could see the finish line and people cheering and clapping, it was a wonderful sight. I insisted that Eva came through with me as she had been an inspiration and it would have been very easy to give up so many times without her.

Under the banners and clock "6 hours, 23 minutes, 37 seconds" . . . I had made it . . . and it was a magnificent feeling. Mick, my husband, was there with a big hug and he virtually carried me to the grass as my leg had just stopped working . . .

We had a marvellous time at the Dinner at the Hackney Hotel and it felt so good to be a finisher rather than a spectator. Runners from interstate commented on the excellent organisation and claimed it was by far the best marathon in Australia. All in all a great night, a few disappointed people who "hit the wall" and "fell into a hole" were already planning their next marathon and others were just glowing from their PB's. . .

What about London in 1987 someone suggested — perhaps with more training I could break 6 hours next time? It looks as if I might be hooked!!!

BILL ANSCHUTZ VIEW

Cont. from Page 43

Past the markets into North Terrace, across the road. Damn these gutters, its hot and it hurts. My legs are so sore, but keep going. Frome Road at last. Runners are going past me and I am walking again, if I walk for a while, maybe I will recover some energy with deep breathing; down the hill and around the corner. Some cheering, some encouragement, bless them. Around parallel with the river, I feel so empty. My batteries are almost out. Keep going, keep going. I am dehydrating now, my arms ache, everything aches. My head has gong cold at the top. I am wasting away. Keep running, it's not far now, keep running.

There's John Auld, he is finished already and leaving, I must be late. Down past the boat shed, it is all down hill, not far to go. Under the bridge. I can use my last meagre energy to lift my pace and make it look good at the finish. I am late, I have missed my 4¼ hours, but it doesn't matter, I just need to finish. Over the rise, into the shute. Ken Turner shouts "Good on you Bill". I wave. One more surge, one more drive, there's the finish. Someone says to Brian Chapman "there's Bill Anschutz" and he calls my name as I go through the gate at the finish. 4 hours, 26 minutes. It's slow but I got there, I got there! I did it! Eric Russell shouts "Good on you Bill" and someone hangs a medal round my neck, I did it! My legs are jelly, I'm completely empty as my wife grabs me and supports me and emotion floods through me almost to the point of tears. My God, how it hurts! Just let me sit down.

This is my first and last marathon, I will never do it again — or will I???



SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 18
March, 1987
Registered Australian Post Publication No. SBQ1998



Editorial

1986 — A YEAR WELL DONE!

1986 was a most memorable year of achievement for the South Australian Road Runners Club. The highlights of this Jubilee Year included the participation of Commonwealth Games Gold Medallists, Robert De Castella and Lisa Martin in two of our events, and the very successful staging of the Foodland Festival City Marathon which attracted the largest field ever in its history and possibly the highest ration of women entrants in any marathon world wide, certainly for Australia. In addition our membership topped the 2,700 mark — surely a year to be proud of!

Underpinning all these achievements is the continuing satisfaction members experience from the fun and camaradie of our Sunday morning runs.

Like any dynamic and successful club, we depend enormously on volunteers — volunteer instructors, race officials and volunteer office assistance to name but a few.

In 1987 we will be relying again on the work of volunteers to keep the club performing at the high standard members and the community have come to expect.

If you would like to contribute as a volunteer the office or any of the Board members would love to hear from you. We hope to build up a data bank of members who would like to join our brigade of volunteers.

New General Manager

SARRC's newly appointed General Manager, Des Foster, will take up the position in January. Des is a well known sporting identity in South Australia and is looking forward to working with the Club. A profile of Des appears on page 5 of the journal.

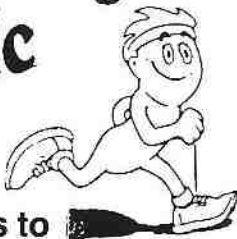
In welcoming Des, we are also saying farewell to Eric Russell, who took on the challenging Jubilee 150 programme for the Club. Eric is establishing his own fund raising business and we wish him well in this new venture.

To all members of the club I wish you a good running year in 1987.

Marilyn Davis PRESIDENT

Training Clinic

1987



Beginners to Marathoners

Every Sunday 7.45 a.m.
Cnr. Bundeys Road and
Mackinnon Parade

SOUTH AUSTRALIA

RUNNING

A journal of the

SOUTH AUSTRALIAN ROAD RUNNERS CLUB



BOARD: Marilyn Davis (President), Chris Acton (Vice President), Jayne Taylor, Geoff Davis, Neville Snook, David Stableford, Fay Nichols, Kevin Lynch, David O'Donnell, Kaye Moncrieff.

PUBLISHERS: S.A. Road Runners Club. Inc., Office 1 Sturt St., Adelaide 5000. Open Weekdays: 9am-5pm Phone: (08) 213 0615 Telex: Telecom AA88765/No. AD677.

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Registered by Australia Post Publication No. SBQ1998

COVER: Standard Chartered Women's 10km Classic. Photo: Bronte Turner, Sonia Ronson 762 and Karen Jackson (Team Adidas) fighting for 11th place.

LETTERS TO THE EDITOR

DECEMBER JOURNAL

Robert Wiese,
20 Oban Street,
Ferryden Park S.A. 5010

SARRC JOURNAL

Dear Editor,

This is an overdue thanks to the South Australian Police Department. I wish to give my personal thanks to the motor cycle traffic officer who physically removed me for the Festival City Marathon. He prevented me from doing any serious injury to myself and enabled me to complete the Melbourne Marathon in October. I would like to issue a warning to anyone who intends to compete in a marathon if you are off colour, have a cold, sore throat, fever do not run.

I, as a three time sub three marathoner had the horrible experience of becoming a wobbling jelly fish. I found in Melbourne it is better to finish than not.

I personally would suggest that for future Adelaide Marathons there be better Medical Attention between 34-38kms.

Bob Wiese,
Member 255

5 Coppleridge Drive,
Elizabeth Vale S.A. 5112

Dear Editor,

On behalf of my family and myself I would like to thank the Club and Committee in the way they are remembering and honouring my wife Patricia by awarding in her name, a trophy to the over 40 yr old competitors in the Standard Chartered Classic 10km on November 23rd, 1986.

Pat was forever encouraging people to participate, and do their best in sport, and this encouragement trophy would have been appreciated by her. The granting of this trophy in Pat's name, makes me feel very humble to realise that so many people thought so much of Pat. One of Pat's strongest traits I guess was her liking and love of people and it seems this feeling was returned by very many.

Once again I would like to very humbly say thank you to the Committee and members of SARRC in bestowing this trophy and would like to help with any costs incurred in the presentation and future replicas.

Yours in Sport,
V. Edwards.

5 Percy Street,
Cheltenham S.A. 5014

Dear Editor,

Congratulations to Warren Featherby and all of the 1986 Marathon Committee.

Despite a driving muscle strain which saw me finish in 3:45 instead of my target of 3:30, I was estatic to receive my medallion in a manner that epitomized the whole event — fantastic and friendly!

It was the best organised run in which I have participated, with extremely well laid out aid stations and even better personnel. The only suggestion is the provision of an aid station at the top of the hill.

My biggest disappointment was being passed by Ken Cunningham with 1.5km to go, but if that's my only gripe (and it is) it shows what a great event it was.

Of course the Police and St. Johns were fantastic again.

Thanks

Paul Bond

Member 2415.

THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB

Congratulations and a big thank you to the organisers and all their helpers for staging yet another fantastic marathon. You even managed to order the right weather at the right time. Well done!

A gold star goes to the runner, who, on War Memorial Drive, opposite the Botanical Gardens, interrupted his run to pick up a fifty dollar note and return it to its owner, a cyclist whom he saw dropping it while going in the opposite direction.

A couple examples of humour from the onlookers.

On Anzac Highway, when a runner with an exceptionally big beard wearing a green cap passed, my friend, watching the run said "That must cause some windresistance", when another onlooker replied "Yeah — and he most probably started the run clean shaven".

My family were watching the finishing line when a couple crossed it and she threw her arms around him hugging him madly with tears in her eyes. An onlooker commented "Not bad! to think they only met at the start of the run".

Thanks again for a truly memorable event.

Wally Koester.



FIITNOTES

SARRC Office,
Cnr. King William,
1 Sturt Street,
Adelaide. 5001
Ph: 213 0666.

AUSTRALIA'S LARGEST RUNNERS CLUB

NEWSLETTER No. 37

Registered by Australia Post
Publication No. SBH0729

AUG/SEPT 1986

SARRC Start Running Classes
TERM II

10 weekly classes of 1 hour duration.

North Adelaide — Cnr. Bundeys Road/McKinnon Pde,
Sunday 7.45 a.m. 28th September.

West Beach — Scout Hall, Burbridge Road, Thursday 6.00
p.m. 2nd October.

O'Halloran Hill — The Hill Community Centre, Candys
Road, Thursday 6.00 p.m. 2nd October.

Gilles Street — Language Centre, 91 Gilles Street,
Adelaide, Wednesday 5.30 p.m. 1st October.

Open to all beginners over 14 years of age.

Application forms and information from SARRC Office,
1 Sturt Street, Adelaide.

OFFICIALS MARATHON
17th August 1986 — 7.00 a.m.

Congratulations to David Sanders 3.27.57 a personal
best by 3 minutes.

"Feathers" finished, albeit very late, in a PW time of 4.45.

Comment from our Race Director at the end of his
ordeal:

"BLOODY GOOD COURSE! Circumnavigating the
race course is a great innovation".

Ralph Broughton accompanied Warren. Comment

from Ralph at breakfast (Hackney) "I've never stood on
my feet for this long, let alone run for this long!"

FRONTLINE FORD KEY DRAWS

Congratulations to the 11 winners of the keys. They
have a one in twelve chance of winning the Frontline Ford
Laser.

- | | |
|--|------------------|
| 1. Speedy Muffler 10/25 km 1985 | Bob Dennis |
| 2. Marathon 1985 | Sonia Simpson |
| 3. Christmas 1985 | Katherine Dawson |
| 4. Resolution Run 1 Jan 1986 | Peter Brennan |
| 5. SARRC Sunday Run
23 February 1986 | Anne Arthurson |
| 6. Women's Fun Run
8 March 1986 | Jim Bowes |
| 7. City-Port
6 April 1986 | Alan McCollum |
| 8. Adidas 10km
27 April 1986 | Eileen Lush |
| 9. Royal Life Half Marathon
25 May 1986 | Bill Lucas |
| 10. Speedy Muffler 10/25km
29 June 1986 | Adrian Pearce |
| 11. Glenelg 15/30 km
27 July 1986 | Lloyd Roberts |

WHAT'S ON

SEPT

- | | |
|--------------|--|
| 3 (Wed) | Corporate Cup |
| 7 (Sun) | Cleanaway River Run 10.2 km
North Adelaide |
| SARRC | |
| 14 (Sun) | SARRC Sunday Pack Run
South Parklands Trials - up to 18.7 km |
| 14 (Sun) | Mutual Community Fitness Test
8.00 am, University Gym 2.4 km
Cooper's Test, 10km Fun Run.
SA Keep Fit 51 2211 |
| 14 (Sun) | City of Marion Centenary Fun Run
Westfields Shoppingtown Marion (car
park) 9.00 am, 8km. |
| 15 (Mon) | Entries close for Melbourne Marathon |
| 17 (Wed) | Corporate Cup |
| 21 (Sun) | SARRC Sunday Pack Run
Hazelwood Park - 15km |
| 21 (Sun) | City-Bay Fun Run
The News |
| 21 (Sun) | Wang Burnie Ten
Jeff Lambert AASA PO Box 57,
Kensington Park 5068 |
| 22 (Mon) | Entries close for Fun Run for General
Health 28 September 1986 |
| 28 (Sun) | Old Clarendon Fun Run
8.30 am, Old Clarendon Winery, Main
St, Clarendon 14.4 km. and 10 km.
Breakfast after \$3.00. Random Draw
Prizes. |
| SARRC | |
| 28 (Sun) | Half Case Half Marathon Fun Run
21.1 km. 8.00 am Pinky Flat,
Bruce Abrahams Sports 294 3248 |
| 28 (Sun) | Fun Run for General Health
Hillcrest Hospital, Fosters Rd, Gilles
Plains. Phone: Merle Gowan 42 6772 |

OCT

- | | |
|--------------|---|
| 1 (Wed) | Corporate Cup |
| 5 (Sun) | Encounter Bay Rotary Club Fun Run
Half Marathon. Goolwa to Victor
Harbour. Rob Weetman (085) 54 2445 |
| 5 (Sun) | SARRC Sunday Pack Run
Heywood Park, 17.2 km |
| 5 (Sun) | Blackwood to Flinders
8km, 2.00 pm. |
| 9 (Thurs) | SARRC Travel Melbourne Marathon
Tour Departs |
| 12 (Sun) | Melbourne Marathon
8am, entries close 15th September
Phone (03) 428 7808 |
| Long weekend | |
| 12 (Sun) | SARRC Sunday Pack Run
Felixstow
14.6 km |
| 13 (Mon) | SARRC Travel Melbourne Marathon
Tour returns |
| 15 (Wed) | Corporate Cup |
| 19 (Sun) | Caithness Fun Run
Mount Barker. Chris Freeman
228 9290 (w), 391 1507 (h). |
| 19 (Sun) | Walkerville Fun Run 10 km
Walkerville Oval, Smith St. \$2.00.
Primary School Children \$1.00.
Random Draw Prizes. |
| 19 (Sun) | SARRC Sunday Pack Run
Underdale, 16.5 km |
| 19 (Sun) | Picnic Day at "Meadows"
Foster's Adelaide Grand Prix Fun Runs
5km, several events, 8.00 am Elder Park
Bruce Abrahams Sports 294 3248 |
| 19 (Sun) | Dogathon
Canine Grand Prix, 4km,
Judy Chapman 79 2512 |
| 26 (Sun) | SARRC Pack Run
Mystery Run 13 km. |
| 26 (Sun) | Summit to Suburb
13 km, Mount Lofty to Mitcham 9.00 am |
| 29 (Wed) | Corporate Cup |

The final key draw will be held at the Carbo Party on Friday 29th August 1986. 6.00-9.00 p.m.

The 12 key winners will try their keys at the FCM Presentation Ceremony 31st August 1986. The ceremony begins at 2.30 p.m.

Book early for the Carbo Party and Post Marathon Buffet. Tickets available at SARRC Office.

THE FOODLAND JUBILEE FESTIVAL CITY MARATHON



CARBO LOADING PARTY
29 August 1986

Festival Theatre
Banquet Room,
FESTIVAL THEATRE
King William Road
ADELAIDE



\$9.50
includes all food and
soft drinks



THE FOODLAND JUBILEE FESTIVAL CITY MARATHON



POST MARATHON BUFFET

31 August 1986
5 pm

THE HACKNEY HOTEL
Hackney Road
HACKNEY



\$11.50 includes all food, coffee and
soft drinks

FCM STATISTICS.....

Total number of entrants 2750.

Male 83%

Female 17%

460 women have entered the marathon in 1986. Highest number of female entrants in an Australian Marathon.

Wheelchair 7

Interstate 532

Overseas 48

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 213 0666.

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.

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.

SMITH & WESTON DISCOUNT.....

Smith & Weston discount card is to be presented for 25% discount.

SA RUNNING.....

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

Next Journal will be published by the first week in October and will include race results.

CLEANAWAY RIVER RUN.....

Sunday 7 September 1986. 10km. Runners to write predicted time on their number prior to race.

WINNER: closest to predict time. NO WATCHES.

TRAINING

REGULAR TRAINING.....

Every Sunday — 7.45 a.m. War Memorial Drive (rear of Zoo). North Adelaide. various distances. Start Running classes. Roger Pederick will be in charge of the 10-12 km Pack runs as a separate group from the larger distance runs.

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 Sunday — 8.00 a.m. Community Hall, Bridgewater just up from the oval. Marathon Training and 'social' running. Phone Delia Shorin 339 2530.

Every Sunday — (7.30-8.00 a.m.) and Wednesday (12 noon) — Barossa Running Group. Tanunda Recreation Centre, Magnolia St, Tanunda. Showers, tea and coffee available. All distances and abilities catered for. Beginners and visitors welcome. Phone Trevor Miller (085) 62 2862 or Bill O'Brien (085) 62 2085.

Every Tuesday and Thursday — 5.55 p.m. Scout Hall, Burbridge Rd., West Beach. 10/15/25km. 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.

CLUB SPONSORS GIVE THEM YOUR BUSINESS CLUB SPONSORS

Sunday Mail ... The Advertiser ... Standard Chartered Bank ... TAA. The Friendly Way ... adidas ...
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Speedy Mufflers ... Foodland Stores ... Royal Life Insurance ... Natural Spring ...
Assisted by the South Australian Department of Recreation and Sport.

Marathons...

FOODLAND JUBILEE FESTIVAL CITY Adelaide, August 31

by BRIAN LENTON



Photo: DON McLENNAN

The Festival City Marathon was Australia's second biggest this year with a record 2750 entrants (almost double the previous year) including 460 female entrants (17%), which is the highest figure ever for a marathon Down Under.

The following are some random highlights (in no particular sequence). Robert Turner won the wheelchair section for the sixth time and set a new course record by almost 5 minutes with 2:08.24. Desiree Letherby won her fourth Festival City Marathon and took over 5 minutes from the W40 mark with 2:59.25. And in his tenth marathon, but first victory, Peter Bourgaize displaced Lisa Martin as South Australia's fastest marathoner this year.

Most battered record was the M50, which Peter Kallio eclipsed by around 17 minutes. Debutant David Hookes recorded 3:38; his marathon philosophy would appeal to many. 'I hate every step,' he said, 'but I love the shower afterwards and the beer.'

Former SARRC general manager and president Bruce Abrahams' 3:35 was his second fastest time in the Festival City Marathon, about 4 minutes outside his 1981 best.

And what about premier John Bannon? In his eighth FCM, with all previous performances sub-3 hours (a unique and unbeatable record), John's 2:45.29 was about a minute outside his fastest. As he told a reporter, 'I reckon I produced a bloody good budget, but I couldn't get my personal best in the marathon!' Given the constraints of time and the responsibilities and hassles of the job, John Bannon's run was the performance of the race. The Federal equivalent would be Bob Hawke serving an ace to Pat Cash.

RESULTS

P. Bourgaize 2.25.16; J. Duck 2.26.12; J. Sharam 2.26.58; I. Hill 2.32.10; S. Greaves 2.32.19; P. Quigley 2.33.02. Female—D. Letherby 2.59.25; W. Hendricks 3.06.09; B. Lamprecht 3.06.14. (1645 finishers)

Race Reports

Festival City Marathon

The weekend starts with an image. Hundreds of yellow and black balloons floating up into a cloudy, windswept sky. I jogged gently and remembered that line from "Zorbra the Greek" – "man needs a little madness, or how else can he cut the rope and be free?"

The cannon fired and we're away! Almost three thousand people pouring down the road, adrenalin flowing out of control and heads full of dreams of glory in the Festival City Marathon in Adelaide on Sunday, 31 August.

Madness personified!

I ran at the back of the throng, coaxing my stiff joints into action and willing myself to relax. My friend John was beside me, bounding along with his usual ebullience and shouting to spectators "The last two people in the Marathon win a trip to America!"

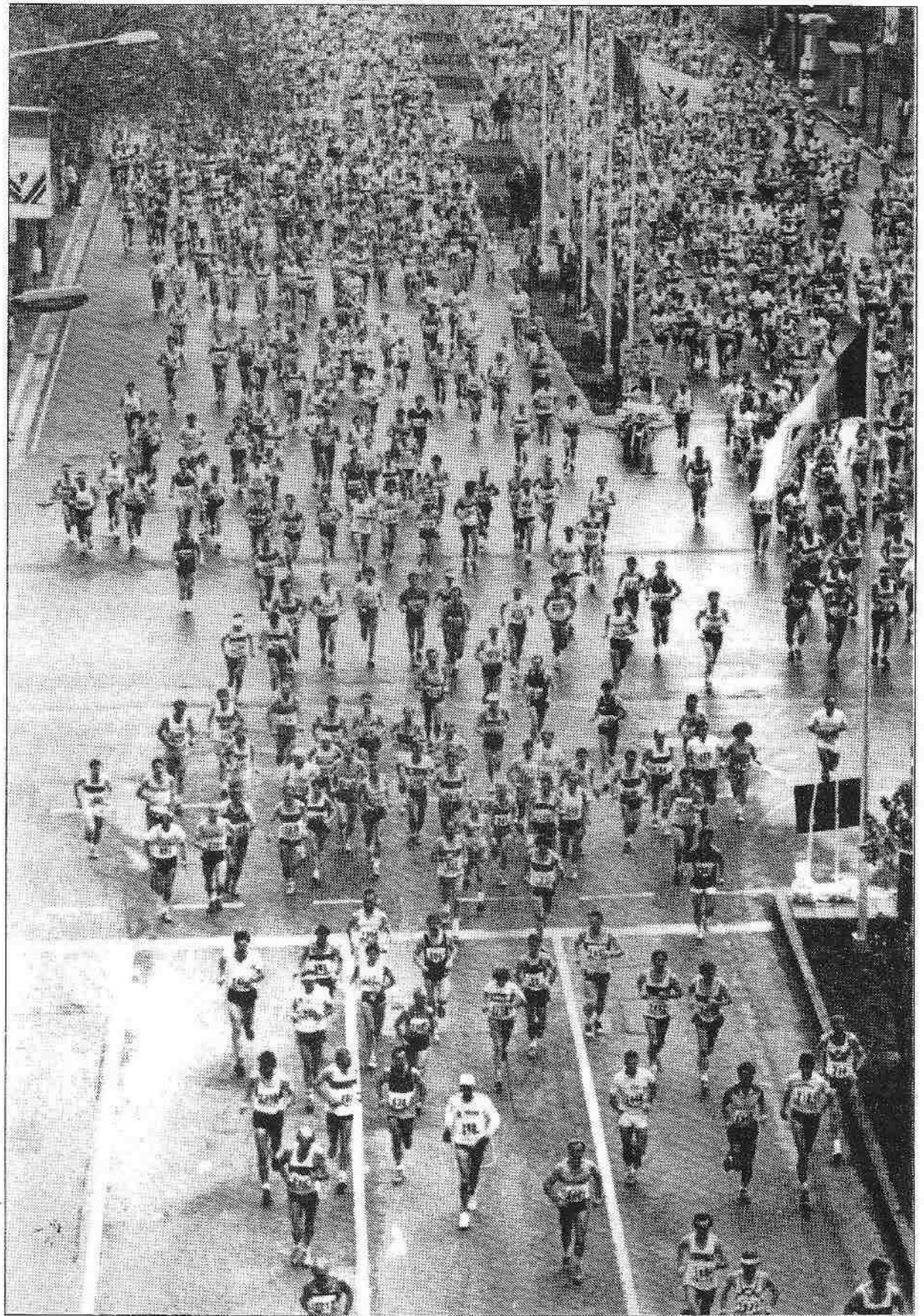
We passed the motel where many of us had stayed on Saturday night and the man from the reception desk came out and called sternly "Now come inside all of you, we've just put breakfast on the table!"

We ran along the long stretch of the Anzac Highway and the field was strung out, the job becoming serious. I concentrated determinedly, taking deep calming breaths and thinking myself into all those kilometres to be run.

Passing a medical supplies shop, I pointed out a skeleton clad in a t-shirt. The ladies next to me giggled and muttered dire prophecies about the effects of running on the female physique!

Soon we could see the fast runners returning in the other direction – wonderfully encouraging and distracting. First of all a police car and Rob Turner in his wheelchair looking like something out of the Grand Prix and then hundreds of runners going at full gallop. We greeted each other like liners meeting in mid-ocean, shrieks and waves and then determinedly on with the job. Remember Deek and Lisa Martin passing in the Commonwealth Games Marathon? I did my Lisa act, "Am I jogging? Am I relaxed?"

I thought back over 800 miles of 4.30am training runs. Sloshing through icy winter rain, blasted by wind or those peaceful mornings when I looked up into skies blazing with a million frost-bright stars. So



The field of more than 2500 heading off in the Jubilee Festival City Marathon. Photo: Don McLennan

familiar yet heart-breakingly new. Footpaths unwinding beneath my feet and every step leading me to the Adelaide Festival City Marathon.

I passed the half way point and gulped down yet another cup of water. My arthritic joints were beginning to hurt but everything still seemed to be functioning quite

well. I ran a smooth, easy kilometre for a Melbourne friend who would be out chopping firewood and sending me good vibes. I composed a fragment of poetry:-

*"... to give tomorrow to a king
a magic stone, a rainbow ring,
an amulet's a future thing ..."*

Words drifting up into a shiny, restless

sky. Ducks flew towards the horizon in a perfect V formation and I could see those wonderful, humorous pelicans progressing serenely down the river.

This is what it's all for! Just to be here today in this place.

When all is well with the world it's the feel and look of things that manifests rightness. The beautiful presence of the physical world. The birds fly higher. The clouds are more lavish. The touch of the sun more comforting.

I ran slowly along War Memorial Drive, closing my ears to the shouts of delight from the finishing line. There's still a long, long way to go!

The animals in the zoo called out enthusiastically as I moved past. Strange shrieks and calls and grunts "Hang in there you giraffes and monkeys!" And then the Botanic Park where I made the television film on Friday. There's the exact spot where we found that lovely possum.

"Just look at me now possum!"

32km and I didn't "hit the wall" but my spine was hurting badly. "Don't whinge!" I told myself, "just get on with it." I moved on slowly and steadily and there was my friend, Merv, taking a weary walk.

"Go on Merv! Put the boot in!" I shrieked, startling an innocent bystander. This is a catch-cry of the Victorian Road Runners and most effective! I trotted past Merv and immediately heard his feet pounding behind me. He passed me running like a maniac in a style reminiscent of a greyhound sighting the hare.

We're almost there!

I ran under the bridge and turned into the gardens. The applause rang out and I spread my wings and flew across the finishing line. Joy descended out of nowhere, like an angel, out of a perfectly ordinary Sunday.

How full of good surprises the world is.

One can turn the most casual corner and come upon a miracle.

Rikki Bewley.

Royal Life Half Marathon Final

The Royal Life half marathon saw a very strong field assemble at the starting line in Perth to contest the final of the seven race series held throughout Australia.

The front starting positions were filled by those athletes who won the respective race in their home states: Quinton Morley (NSW), Peter Berney (ACT), Russell Foley, second in Tasmania, filling in for the injured Viv Woodward, Jim Mack (SA), Michael Inwood (Qld), Adam Hoyle (Vic) and New Zealander Derek



Froude. The pre-race talk mentioned Hoyle and Froude as favourites.

Hoyle took the lead from the gun, giving onlookers the impression that if the Australian record was going to be broken on this flat course it was going to be by him.

The pack formed quickly and consisted of those runners already mentioned along with three West Australians Mike Bonner, Alan Thurlow and Ray Boyd.

By 5km Hoyle had a sizeable lead on the main group and was continuing to pull away.

The 10km mark saw a few surges with Morley, Froude and Boyd leading the pack – the others being content to go with the pace.

Hoyle went through 12km in 35:32 with a 68 second advantage over the pack.

By 13km Bonner, Inwood and Foley were falling off the main group leaving only six runners to chase Hoyle.

At the 14km word got back to the pack that Hoyle had dropped a little so Peter Berney immediately began to push the pace and give chase, resulting in the pack being stretched out. Thurlow joined Berney with Quinton Morley and Boyd 10 meters behind and Mack and Froude another 10 further astern.

Splits at 15km showed Hoyle at 45:01, Berney and Thurlow at 45:59 and Morley and Boyd on 46:07. These positions remained the same for the next 6km but saw Peter Berney break from Thurlow to take second place in 1:05, Hoyle having crossed the line a good 56 seconds earlier in a near personal best of 1:04:04. Thurlow was third in 1:05:05, Morley fourth in 1:05:14, Boyd fifth in 1:05:32 and Jim Mack sixth in 1:05:39.

Adam Hoyle (5) capped off his win in Melbourne with a win in the series final in Perth. Photo: Impressions Photography.

The women's section saw a very exciting race develop between Tani Ruckle (NSW), Anne Lord (Vic), Gail Rear (NZ) and Kerry Jukes (Qld).

Ruckle lead by some 20 meters from Lord after the 4km mark, but at the 6km Lord was passed by Rear and later by Kerry Jukes. Ruckle ran on well to win in a time of 1:14:07 from Gail Rear in 1:14:40, Kerry Jukes third in 1:16:06 and Lord fourth in 1:18:53.

Ray Boyd

Wang Burnie Ten

Outside of industrial circles the name Burnie as not particularly well known until recently. This town on the north west coast of Tasmania is the state's major overseas port, is also the location of one of the country's major paper mills and is at the heart of the island's timber, agriculture and mining industries.

Burnie has long held a small niche in Australian sporting history with a New Years Day carnival of professional running, cycling and wood chopping. The prestigious Burnie Gift is run on this day.

A little more than two years ago Burnie's Deputy Harbour Master, Mike Boss-Walker – who has a passion for running and triathlons – decided to stage a top class event starting and finishing in the heart of the town.

After floating the idea to training partners on long runs Mike assembled a committee comprising amateur and pro runners, town councillors, a police inspe-