

SOUTH AUSTRALIA

# RUNNING

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Assisted by the South Australian  
Department of Recreation and Sport

start of the Marathon. I continued on my way, and in the last 10km, passed several runners, although my time was not my best effort.

The winners were 1st Hiromi Taniguchi (Japan) 2:9:50, 2nd Nechadi el Mostafa (Morocco) 2:10:09, 3rd Hugh Jones (England) 2:10:11.

The womens section was won by Ingrid Kristiansen 2:22:48 (the fastest legs on earth) and 2nd Mrs. Welch 2:26:51 (she is over 40 years old).

I feel that I must mention with thanks the Muscular Dystrophy Association who welcomed me and paid my way into the London Marathon and the Adelaide branch who were responsible for my trip, and Qantas who sponsored me for the flight. I had a great time, and am certainly very grateful for the opportunity it gave me to run in one of the foremost Marathons in the world.

**MAX GRIGUOL**

Writing for the 1987

## FESTIVAL CITY MARATHON

by Derik Ward, Athletics writer  
The Sunday Mail



At long last SA's two important marathon runs have been amalgamated with the AASA State Marathon being incorporated into this year's Festival City Marathon.

In previous years the two different runs caused many a split in loyalties with some runners choosing the AASA run organised by the Distance Runners Club and others preferring the Festival City Marathon.

The runs were too close together for runners to compete in both so both marathons suffered and missed the extra competition that might have resulted.

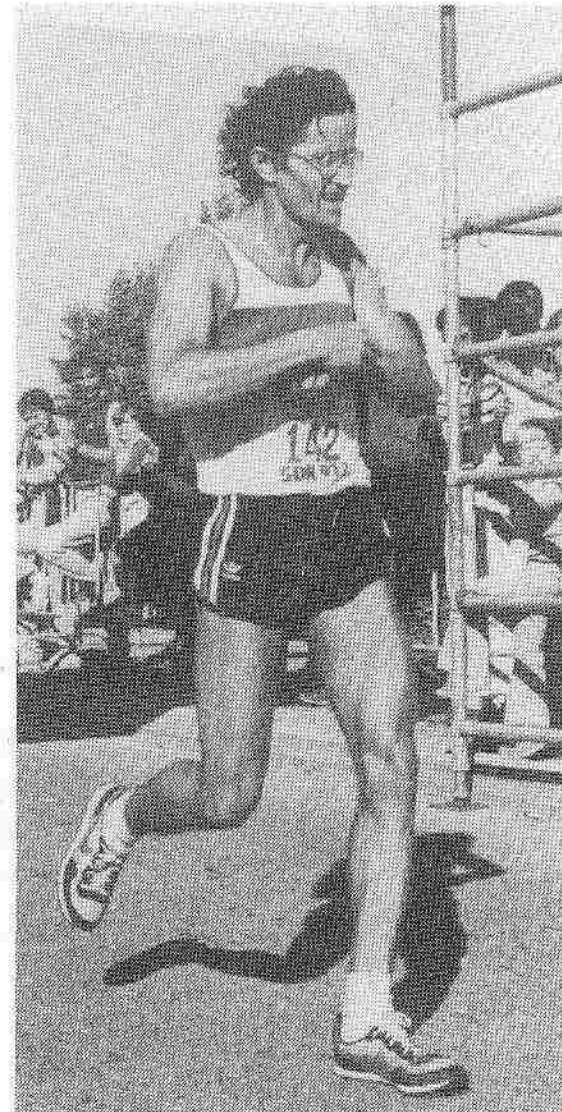
This year it's different and we expect all the top runners who are fit, particularly registered athletes, to compete and possibly push towards a new record, depending upon conditions on the day.

This has been my first opportunity also to write about the Festival City Marathon and I have enjoyed my fact finding talks with General Manager Des Foster and other members of the SA Road Runners Club.

The Sunday Mail is one of the run sponsors and Sports Editor Peter Hurt is a great supporter of SARRC as well as giving prominence to my marathon reports. The Sunday Mail is also providing the run numbers.

The Marathon race looks to be a fairly even competition between three or four South Australians and a handful of interstate runners.

Can the titleholder and gutsy RAAF fitness instructor Peter Bougaize



Joe Petkovic winning the State Marathon title in 1985.

(Photo courtesy of The Advertiser)

overcome AASA State champion and titleholder for the past four consecutive years Joe Petkovic?

Joe, must rate as an all-time marathon great in SA and although faster marathon times have been recorded Joe has an enviable record of winning. Last years winning time for the State titles was 2hrs 26.06 minutes.

Peter on the other hand has already run a fast marathon this year - 2hrs 32 minutes - in the recent Australian Marathon Championships when he was the first SA runner home.

Both runners have good performances in the Distance Runners Club winter program this season and the only occasion I can recall them competing against each other was last year's Half Case Half-Marathon run, with Peter the winner.

Two other SA runners who should not be ruled out of the reckoning are former Australian marathon champion and Australian team member at the recent

Commonwealth Games Grenville Wood, and Adelaide Harriers member Ian Hill who was the second fastest SA finisher in last year's FMC (4th overall).

Grenville is interested in running and could start, depending upon fitness, and Ian has been in excellent form in recent weeks.

Whatever happens in the race, I expect this marathon to retain a reputation as THE friendly race with SARRC members of all ages competing to the best of their ability and enjoying the run.

NOTE: English-born Derik Ward is a former member of the Essex Beagles Athletics Club, made famous over the years by members that have included marathon runner Jim Peters and decathlon champion Daley Thompson. As a journalist he reported athletes in England and was a member of the British Press team that reported the 1956 Melbourne Olympics. He is a regular fun runner and competes in the City-Port, City-Bay and other runs.

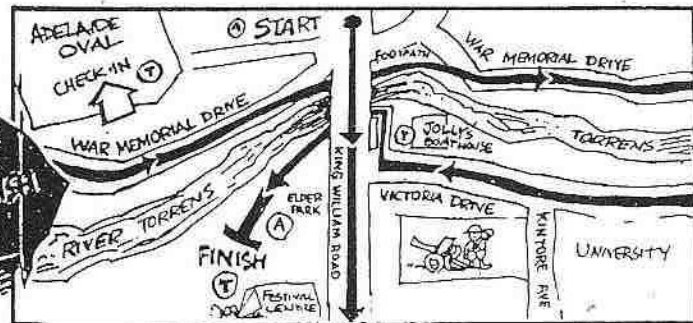
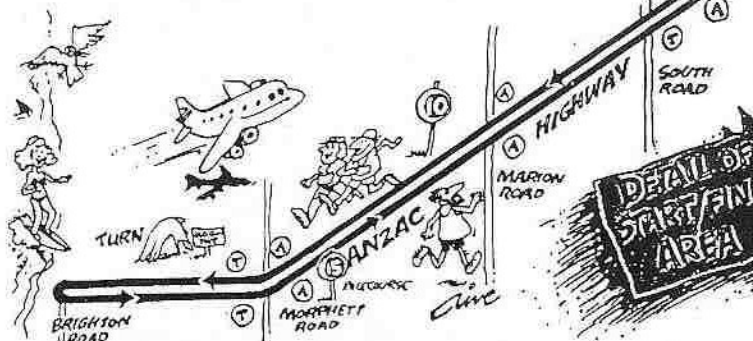
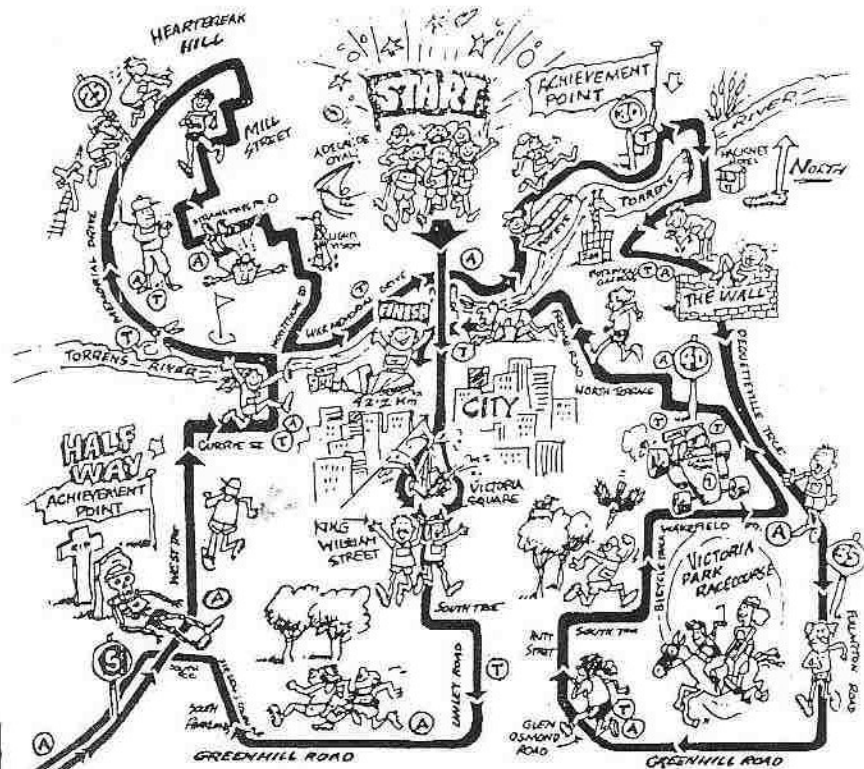


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# 5DN/RENNIKS FESTIVAL CITY MARATHON

19TH JULY 1987



**KEY**  
 (A) AID STATION  
 (T) TOILET

# 5DN/RENNIKS FESTIVAL CITY MARATHON

Yes, its Marathon time again. The longest event on the S.A.R.R.C. calendar, this year being run in conjunction with the Amateur Athletics Association, and the Distance Runners Club of South Australia on July 19th, 1987.

This years Festival City Marathon is the 9th and incorporates the South Australian State Titles for all registered athletes. Renniks Hire and 5DN are the main sponsors and assisted by Cleanaway, Frontline Ford, Piccadilly Natural Springs, Business Equipment as well as the Sunday Mail.

The course is exactly the same as last year, starting in King William Road at 7.30 am opposite the Adelaide Oval, through the city, down Anzac Highway almost to Glenelg and then back again. The course then goes through the parklands that surround Adelaide,

finishing once again in Elder Park in the shadow of the Festival Theatre. The course will be traffic free, for 6 minutes a kilometre or faster runners. Runners slower than 6 minutes a kilometre may be asked by the police to move onto the footpaths. Walkers will be starting at 6.30 am.

The Adelaide City Council, the S.A. Police Department, St. John Ambulance and other authorities have assisted with the organisation of this event. The Festival City Marathon is SARRC's largest event, requiring many months of planning and on the days leading up to the event and on the day itself, hundreds of volunteers. If you could help on the day or the days leading towards the Marathon don't hesitate to call the S.A.R.R.C. office on 213 0615.

## RUNNERS POSITION AROUND COURSE 7:30AM START

1km	7.33.20	7.35	7.36	7.38	22	8.43.20	9.20	9.42	10.26
2	7.36.40	7.40	7.42	7.46	23	8.46.40	9.25	9.48	10.34
3	7.40	7.45	7.48	7.54	24	8.50	9.30	9.54	10.42
4	7.43.20	7.50	7.54	8.02	25	8.53.20	9.35	10.00	10.50
5	7.46.40	7.55	8.00	8.10	26	8.56.40	9.40	10.06	10.58
6	7.50	8.00	8.06	8.18	27	9.00	9.45	10.12	11.06
7	7.53.20	8.05	8.12	8.26	28	9.03.0	9.50	10.18	11.14
8	7.56.40	8.10	8.18	8.34	29	9.06.40	9.55	10.24	11.22
9	8.00	8.15	8.24	8.42	30	9.10	10.00	10.30	11.30
10	8.03.20	8.20	8.30	8.50	31	9.13.20	10.05	10.36	11.38
11	8.06.40	8.25	8.36	8.58	32	9.16.40	10.10	10.42	11.46
12	8.10	8.30	8.42	9.06	33	9.20	10.15	10.48	11.54
13	8.13.20	8.35	8.48	9.14	34	9.23.20	10.20	10.54	12.02
14	8.16.40	8.40	8.54	9.22	35	9.26.40	10.25	11.00	12.10
15	8.20	8.45	9.00	9.30	36	9.30	10.30	11.06	12.18
16	8.23.20	8.50	9.06	9.38	37	9.33.20	10.35	11.12	12.26
17	8.26.40	8.55	9.12	9.46	38	9.36.40	10.40	11.18	12.34
18	8.30	9.00	9.18	9.54	39	9.40	10.45	11.24	12.42
19	8.33.20	9.05	9.24	10.02	40	9.43.20	10.50	11.30	12.50
20	8.36.40	9.10	9.30	10.10	41	9.46.40	10.55	11.36	12.58
21	8.40	9.15	9.36	10.18	42	9.50	11.00	11.42	13.06

FRONT RUNNERS RUN @ 3MIN 20SEC/KM

AVERAGE RUNNERS RUN @ BETWEEN 5MIN/KM AND 6MIN/KM

TRAFFIC FREE COURSE ENDS FOR RUNNERS SLOWER THAN 6MIN/KM

TAIL ENDERS RUN @ 8MIN/KM

3MIN 20SEC/KM = 2HOURS 20MINUTES

4MIN/KM = 2HOURS 48MINUTES

5MIN/KM = 3HOURS 31MINUTES

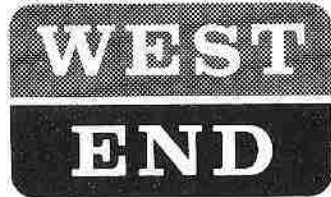
6MIN/KM = 4HOURS 13MINUTES

7MIN/KM = 4HOURS 55MINUTES

8MIN/KM = 5HOURS 37MINUTES



# SAN REMO AND WEST END COMES TO THE PARTY



What a night, its going to be on July 17th. We are putting on a Party in the Festival Centre Banquet Hall for runners, walkers, sprinters, shot putters, and of course, athletic supporters.

It will be an orgy of carbo loading and fun where anyone who has competed in sport can strut their stuff, show off special T/shirts, wear their finisher medallions, colour patches and momentos from previous events.

We want to celebrate participation.

Now SAN REMO are winners and they want to mix with winners. The San Remo Macaroni Company was established in 1936 in North Adelaide. They have grown to become the largest pasta manufacturer in Australia. In fact, they produce pasta 24 hours a day, seven days a week in a new factory complex at Windsor Gardens. Australians consume around 30 million tonnes of pasta a year which is around 1.8 kilos per person. In Italy its around 30 kilograms per head. San Remo want to celebrate with us and are supporting the party on July 17th.

Another great South Australian Company, West End, are also involved. You all know the West End brand, they're the people who supply thirsty runners with the best beer in Australia.

As a company, West End are making their mark, not only in this State, but world-wide, and they are an organisation that are winning their race to get a significant share of the beer market. They are out to beat Bondie and Elliott and with our help (if we drink enough) we'll help them get there.

Now there is another reason to come along and that is the Seoul Olympic Games. Part of the proceeds from the night will go to the South Australian

Olympic Appeal to get our Australian Team to the games. Jim Parkinson who heads up the Appeal Committee has indicated that he will need all the support we can give to give our team the winning edge.

Now onto the Party, to get us into the mood we want you all to sparkle. Dust glitter onto your hair, spray it onto your tracksuit. Dust it onto your running shoes but be aware the person who sparkles the most will win a beautiful prize.

Of course, what athletic supporters party would be complete without a T-shirt swap. Bring along your old T-shirt, and get involved in the swap. Hey, maybe, you'll wear your T-shirt and peel it off.

We have had to cancel the spaghetti wrestling because Jaques reckoned he would be flat out cooking enough to feed the hungry hoard but we have asked some celebrity speakers to attend, including Bob Ansett, Geoff Roach, Herb Elliott and Brian Lenton. So you can be guaranteed of plenty of entertainment. We are expecting Adelaide's Premier Jazz Band to add to the fun, so as well as your running shoes bring along your dancing shoes.

So for \$14.00 you get:

- \* The best venue in town
- \* San Remo pasta meal - as much as you can gobble
- \* Sweets, soft drinks and coffee
- \* To support the Australian Olympic Team
- \* Entertainment plus more entertainment
- \* A great night for fun and friendship

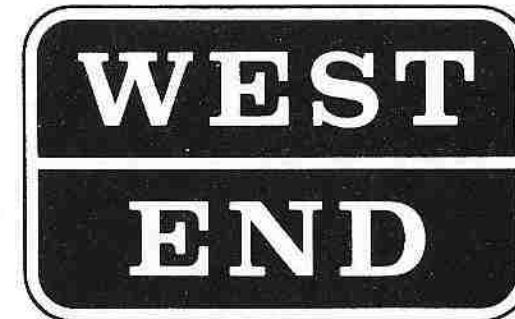
Enquire at SARRC Office for tickets - telephone 213 0615 or call into 1 Sturt St, Adelaide.

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## DID YOU KNOW?

That this years Marathon was brought forward to enable S.A.R.R.C. to stage the Australian final of a Half Marathon series in September where the placegetters from the half marathon in all other states would have competed. However the National Sponsor pulled out after an evaluation of last years event and its benefit to the sponsor and could not be replaced in time for this years series. It just shows that we as individuals must support our sponsors if they are to continue to give us their financial support.

Eric Fazackerley - S.A.R.R.C. O'Halloran Hill organiser has nominated to run in the Greek Marathon in October - from Marathon to Athens.

The early birds are still meeting at 6.30am on Tuesday mornings at McKinnon Parade, North Adelaide for a 14km (or 19km) run.

Contact Kevin Lynch at 344 7823 for more information. All members welcome.

We now have two walkers groups on Sundays. Dot Partridge and Allan Tonge do a long fast walk and leave at 7.45am. Those doing a shorter walk meet at Walkers Corner - the north eastern corner of the Hockey Pavilion and leave at 8.00am. With the increasing emphasis on the benefit of regular exercise there must be many people who would like an invitation to join our walkers. The more members we have the less likelihood there is that fees would have to rise to maintain our services to members.

We recently lost a member. Carol Lakin has left to live in Canberra, where she will marry later this year. She met her fiancée John Harding at Thedbro earlier this year. Running has many benefits. Congratulations from all at S.A.R.R.C.

Only once a year will we run to the top of Glen Osmond. Those who did get to the top of Sunnyside Road earlier this year found the view well worthwhile despite the steep hill run/climb to the top.