

SOUTH AUSTRALIA

RUNNING

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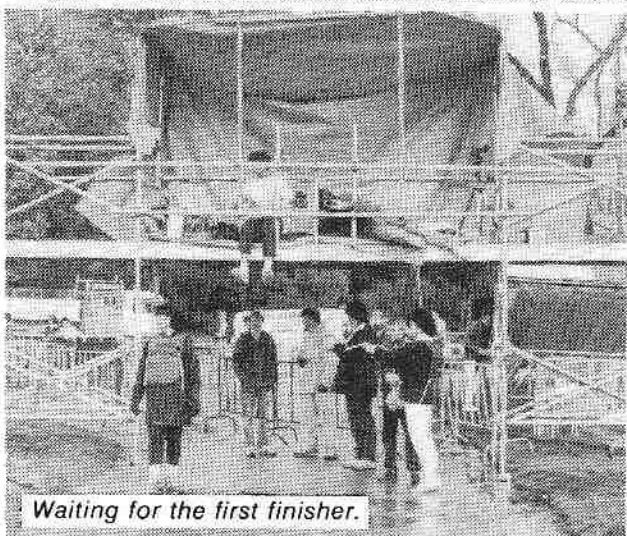
Assisted by the South Australian
Department of Recreation and Sport



The first three women (from left) Julie Cummings, Cathy Ludbrook, Clare Hennessy receiving their medals from The Premier, John Bannon. Winner Female CX 10km Cup Race (left to right) John Alderson, GM CX Australia, Eleanor Lamdin, Trav-Temp Adelaide.



What weather!



Waiting for the first finisher.



Great place to park your bike.

1987 5DN/RENNIKS FESTIVAL CITY MARATHON

This year's 5DN/RENNIKS Festival City Marathon began for many people, in the dark at 5.00 a.m. in the morning of July the 19th. Although the run itself didn't start until 7.30 a.m., these people, all volunteers, some not even S.A.R.R.C. members were all working hard to ensure that this years marathon would be another very successful S.A.R.R.C. event.

At 5.00 a.m. the start and check-in areas had come alive, with people putting up bunting, setting up the P.A. systems, and start scaffolding. Volunteers were organising the gear bag truck, the aid station at the start, and the special drinks area. At the end of Anzac Highway, several large trucks supplied by Renniks and Avis had gathered under the direction of David Glover the aid station co-ordinator. These trucks were all manned by keen volunteers, and loaded to capacity with 15,000 sponges (they were not heavy but they take up a lot of space) 30,000 drinking cups, 100 trestle tables, 100 plastic rubbish bins, tents, chairs, vaseline and boxes of tissues. These trucks moved off around the course, just after 5.00 a.m. dropping off all the aid station requirements as they went.

At 6.00 a.m. Paul Hurst from Piccadilly Natural Springs arrived at the start area, dropping off many containers of spring water, for everyone's use before the start of the race. From the start Paul then moved around the course dropping off all the water for all the aid stations. At about the same time, the people from Wayne Owens Cleanaway turned up at the start

leaving many portable rubbish bins, to be used by runners and spectators. Once again the Cleanaway team moved around the course leaving refuse bins at all aid stations and around the finish area.

At 6.30 a.m. the 20 walkers were started by the S.A.R.R.C. President Marilyn Davis, and they then proceeded to move towards the city up King William Road, as the first signs of light started to appear over the Adelaide Hills. 6.30 a.m. also saw more volunteers gathering at the Thebarton Police Barracks, to work with the Police in laying down and picking up traffic cones around the course, thus providing a safe passage for the runners around the course.

At 7.00 a.m. all the course marshalls along Anzac Highway, were gathering at the Le Cornu's car park for final details regarding their task for the morning. They were briefed by Christine Hartland, and were all in place before the first runner ventured into Anzac Highway. 7.00 a.m. also saw the runners special drinks leaving the course. Everything was ready and in place for South Australia's ninth Festival City Marathon.

At 7.30 a.m. the Lord Mayor Steve Condous and the Royal Marines of 1836, started the 857 runners on the 42.2km journey through the city, down Anzac Highway, back to the city, around Adelaide parklands and finishing once again in Elder Park. As the runners disappeared up King William Road, the start area once again came alive, as all the volunteers disassemble everything that



had been erected earlier, cleaned up the area, and moved everything from the start area to the finish area in Elder Park. The aid station at the finish was set up, the gear bag tent was set up, the Doctors, Physios, Massuers, Sports Trainers, First Aiders, Poditrists, and the people from S.A.K.F.A. were all in readiness.

Meanwhile last years winner Peter Bourgaize had been doing all the front running, and by the half way point had opened up a lead of 600 metres. Peter led through the city, up and around North Adelaide and by the 31km mark by the Hackney Hotel held a lead of 500 metres from John Duck. As these two runners ran along Dequetteville Terrace towards the 35km mark the gap between them began to close. John finally caught and passed Peter at around the 36km mark on Greenhill Road. Peter had set the pace for 36kms and now John took over. John led for the rest of the race, eventually winnin in a time of 2:24.30. At the 37km mark Bernie Kelly caught and passed Peter, finishing in second place in 2:25.33, Peter ran on to come in third in 2:26.59.

This was John Duck's first win in three attempts at the Festival City Marathon. He came second to Peter Bourgaize last year.

The women's section of the Festival City Marathon saw Julie Cummings win in a time of 3:07.41, from Cathy Ludbrook 3:08.54, and Clare Hennessy 3:09.02.

There were some outstanding performances from both men and women of all ages. For example the 60 year old New Zealand farmer Derek Turnbull, who set a world best time for his age. Derek's time was 2:38.46.

Before the first runners had even finished the race, teams of volunteers had started to bring up the rear of the field, packing up all the aid stations, and cleaning up any rubbish left behind. Many volunteers continued working through out the afternoon dismantling and pulling down the tents, removing the barricades and fencing, and cleaning up Elder Park. Some of these volunteers worked from 5.00 a.m. to 6.00 p.m. on a cold, wet and overcast day to make sure that once again the Adelaide Festival City Marathon was a great success.

I wish to thank all those people who helped on the days leading up to the marathon and on the day itself. To every person on the marathon committee a very special thank you. Several groups of people who must get a mention for their invaluable assistance, are the Department of Recreation and Sport, Adelaide City Council, South Australian Police Department, St. Johns Ambulance, and the Botanic Gardens Trust.

Neville Snook

FESTIVAL CITY MARATHON

OVERALL RESULTS

FEMALE

| | |
|------------------|---------|
| 1 Julie Cummings | 3:07.41 |
| 2 Cathy Ludbrook | 3:08.54 |
| 3 Clare Hennessy | 3:09.02 |

MALE

| | |
|-------------------|---------|
| 1 John Duck | 2:24.30 |
| 2 Bernie Kelly | 2:25.33 |
| 3 Peter Bourgaize | 2:26.59 |

POSITION DIVISION CATEGORY RESULTS FEMALE

20-34

| | |
|----------------|---------|
| Julie Cummings | 3:07.41 |
| Cathy Ludbrook | 3:08.54 |
| Clare Hennessy | 3:09.54 |

40-44

| | |
|-------------------|---------|
| Anne Lang | 3:25.24 |
| Jacky Whitting | 3:33.20 |
| Maureen Farrissey | 3:43.29 |

50-54

| | |
|----------------|---------|
| Josie Roberts | 4:07.14 |
| Gaynor McVicar | 4:45.47 |
| Susan Brady | 5:07.39 |

MALE

Under 20

| | |
|--------------|---------|
| Stefan Munn | 4:38.28 |
| Paul Cameron | 4:52.29 |
| Tony Ayris | 5:28.59 |

35-39

| | |
|--------------------|---------|
| Helen Bridges | 3:37.59 |
| Marie Molloy | 3:42.56 |
| Jacqueline Taggart | 3:48.32 |

45-49

| | |
|-----------------|---------|
| Claire Bowker | 3:23.32 |
| Mia Mulders | 4:00.05 |
| Jennifer Prider | 4:18.02 |

55-59

| | |
|----------------|---------|
| Shirley Harris | 3:58.48 |
| Shirley Odea | 4:30.02 |
| Olive Butler | 4:46.00 |

60-64

| | |
|-------------|---------|
| Doreen Cock | 4:09.13 |
|-------------|---------|

20-34

| | |
|----------------|---------|
| John Duck | 2:24.30 |
| Bernie Kelly | 2:25.33 |
| Stuart Greaves | 2:31.22 |

35-39

| | |
|-----------------|---------|
| Peter Bourgaize | 2:26.59 |
| Mike Nolan | 2:34.19 |
| Franz Schifrer | 2:34.57 |

45-49

| | |
|-----------------|---------|
| Ivan Berry | 2:50.51 |
| Raymond Bartley | 2:54.54 |
| Barry Hanna | 2:55.30 |

55-59

| | |
|-------------------|---------|
| Richard Sjoerdsma | 3:08.12 |
| Andrew McComb | 3:08.30 |
| Donald Lamarre | 3:10.22 |

65-69

| | |
|--------------|---------|
| Keith Mander | 3:21.25 |
| Tom Barry | 3:53.28 |
| David Groat | 4:23.28 |

TEAM WINNER: ADELAIDE REFINERY

AASA STATE TITLE

OPEN WOMEN:

| | |
|--------------|---------|
| Ann Crawford | 3:13.13 |
| Jan Cibich | 3:59.00 |

VETERAN MEN:

| | |
|---------------|---------|
| Tony McCool | 2:37.47 |
| Andrew Higgs | 2:54.00 |
| David Padgett | 2:54.24 |

40-44

| | |
|-------------|---------|
| Tony McCool | 2:37.47 |
| Harry Davis | 2:40.16 |
| Brian Hicks | 2:42.52 |

50-54

| | |
|------------------|---------|
| Martin Odea | 2:59.57 |
| David Stabieford | 3:11.08 |
| John Skewes | 3:14.56 |

60-64

| | |
|----------------|---------|
| Derek Turnbull | 2:38.46 |
| Richard Harris | 3:18.33 |
| John Dillon | 3:34.10 |

70+

| | |
|---------------|---------|
| Con Skehan | 4:17.45 |
| John Morissey | 4:46.14 |

OPEN MEN:

| | |
|-----------------|---------|
| Joe Petkovic | 2:26.22 |
| Peter Bourgaize | 2:26.59 |
| Trevor Betts | 2:35.22 |

FULL PICTORIAL ON CENTRESPREAD (Page 22 + 23)

FESTIVAL CITY MARATHON 1987

MARATHON OF LOVE

I started running rather late in life. By that I mean that the bug bit me when I turned 51 years old. I love it. Every aching muscle, creaking joint, howling gale and searing heat. Running has given me so much. Physical fitness, discovery of added self confidence, but most of all the companionship of runners I had met since joining the Club. They shared experience of P.B.'s ups and downs of racing and the many great training runs. They are all treasured things to keep and to hold.

Another one of my loves is that for the sick and the dying. This love is a lifetime commitment and the profession I chose has given me plenty of scope to help those in trouble.

I am a Registered General Nurse working at the "Mary Potter Hospice" the Terminal Care Unit of Calvary Hospital. There I spend 38 hours a week looking after dying cancer sufferers Calvary Hospita is a privately run institution relying on patient support and money donated or raised by various functions.

So one cold winter's morning, while pounding the road alone, as a shift worker I have no regular training partner, a thought occurred to me. Why not try and combine running with helping the sick? By the time I reached home, exhausted, the plan was firmly formulated.

Together the Fundraising Committee of the "Mary Potter Foundation" and I set out to raise "millions". All this was headed by Margaret Clifford who went out to woo the public while I did the training. Thus the months went by all too quickly. My marathon preparation was the best ever, managing 100kms in the last few weeks. I was so proud. No illness, injury or even a cold. It remained all well until 10 days

before the big day. My nose started running, I thought I was dying, feeling bad enough to be admitted to the Hospice. Not to mention that I sank low enough to watch day time television. Friday preceding the race I visited the Sports Medico who upon seeing my misery promptly cleared me for the race.

Thus July 19th. I lined up at the start of the "Festival City". After the first 17kms my legs started to feel heavy and I sensed trouble. Had to slow down, walk a little. Desperation time that was. Thoughts of jumping under a car occurred as wind and rain made matters worse. As I passed Calvary workmates gave me a quick rub down and lots of encouragement. Steven my long suffering non running husband started to pour Polyjoule into me, took photos and voiced his encouragement. Not so my friend Marg Nelson who nearly took me off at the Botanic Loop, saying I looked too ill and will surely kill myself.

However determination and visions of all the money I would have to pay back the sponsors made me carry on. Dry change of clothing on Fullarton Road made me feel better, though I could have been run in for indecent exposure. At 38kms out came the jelly beans and from that point it seemed a lot of fun.

Thus I reached King William Bridge to the sound of little voices, "Look at Grandma, she made it. Why does she look so terrible?" It was the nicest sound I heard all day as my family braved the weather. You see you cannot expect a large crowd waiting for you at the end of a 5hr 7min marathon on a wet day.

Oh yes, how much did we raise? Not millions but we are very proud of \$2,100.00.

By Susan Bardy

RUNNERS PARTY

It all started with a prayer from Mary Hartley. Then the Jazz Band struck up. Then the San Remo Pasta was served covered in delicious Master Foods sauces. Of course West End were there to plus 300 fun loving runners.

It was the 1987 Runners Party held at the Festival Centre Banquet Hall on July 17, two nights before the start of the Festival City Marathon.

Most of our interstate runners and several from overseas were curious to see

what the Road Runners Club could put on and they were not disappointed. The Banquet room was decked out with product displays from our Sponsors for the night. San Remo and West End. Around the room the Marathon start and finish banners were hung and these were highlighted by all of the banners from the Club Sponsors. The room looked great.

The Road Runners Jazz Band were something else. The boys in the Band had more fun than the guests. They played all

night and what a repertoire. There wasn't a tune they couldn't handle and they helped set the scene for a fun filled night.

Of course the night was a success because of the good support from our Club members. We rarely have a chance to put on a social evening but this seems to be an occasion when you can get together. People were encouraged to wear their marathon medallions, souvenir t-shirts and tracksuits. Once again Mary Hartley stole the show. She wore her medallions around her waist. On closer examination I found she had included two drink coasters and a Half Marathon Medallion. When she was questioned on the Half Medallion it transpired that a few years ago she had to drop out at the half-way mark so one of her friends cut a medallion in half and presented it to her. Good on you Mary.

There were a number of guests at the party. Bob Ansett and Herb Elliot sent their apologies but indicated they will be with us next year.

Gary Bau and Andrew Pearce from 5DN interviewed a number of people including David Standeven a Sydney-Melbourne ultra distance runner and S.A.R.R.C. member. Jim Parkinson who apart from

being the State Manager for Ansett is also the Chairman of the Olympic appeal to get our athletes to Seoul. Tony Crafter who is the Clubs Liaison Officer with the Department of Recreation and Sport and also an international Cricket Umpire. There were several others interviewed including the runners from West Germany. The boys from 5DN did a great job and it was appreciated by the guests.

We had some nice club merchandise on sale and were fortunate to have Peg Smith over from Melbourne. Peg is one of the organisers for the World Veterans Games that will be held in Melbourne during the first week of December this year. She convinced a number of people that they must go to Melbourne for the games and participate in the Australian Team.

As usual the runners beat the Chef hands down. They reckon they cooked enough San Remo Pasta for 400 people. Well the 300 there cleaned them out as fast as they produced it. They had set a beautiful bread table full of fresh crusty bread. It all disappeared in a flash. The cook was beaten to a frazzle, he collapsed in a heap and claimed that he won't be beaten next year.

Overall it was a fun filled night.



The Runners Party.



Fay Nichols, Madeleine Woolley and Brian Chapman at the Runners Party.



Chris Acton and Andrew Pearce at the Runner's Party.



The Runners Party, Banquet Room, Adelaide Festival Theatre.

MEMORIES OF THE FESTIVAL CITY MARATHON, ADELAIDE 1987

By John Duck
**Winner 1987 5DN/RENNIKS
 FESTIVAL CITY MARATHON**

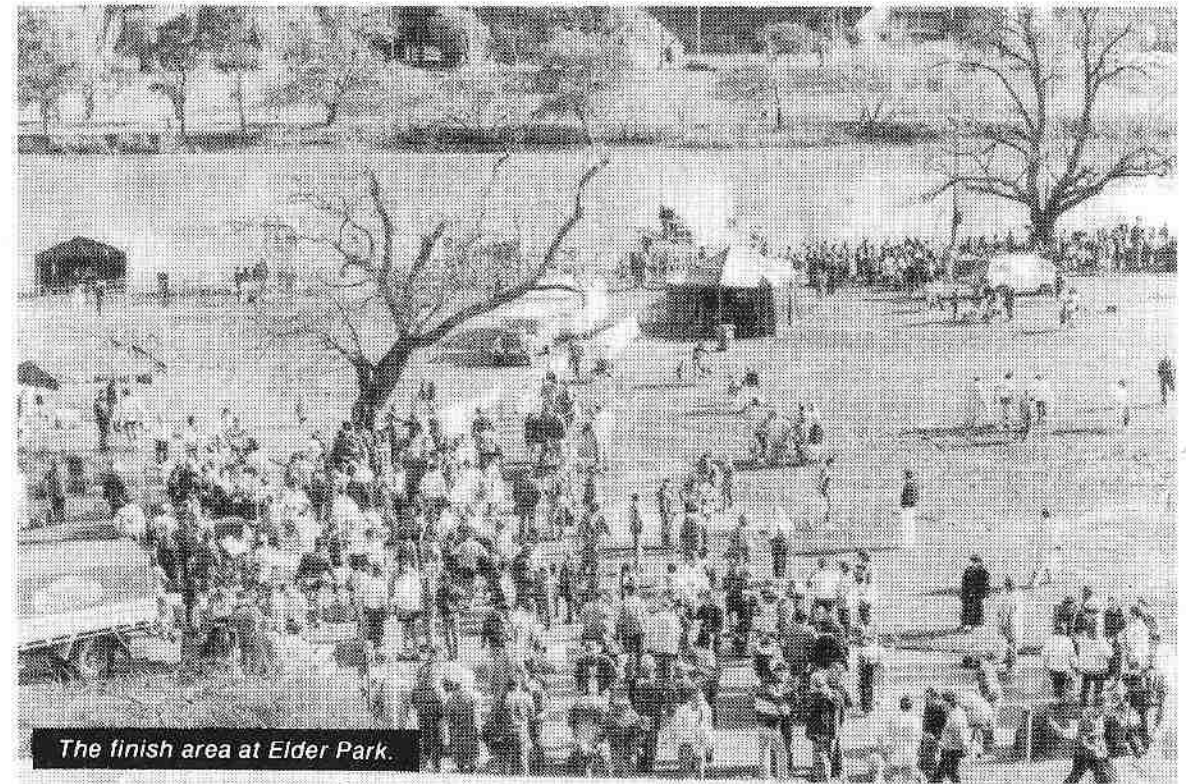
As I walked across the tarmac at Adelaide Airport with Stuart Greaves, late afternoon on Friday 17th July, I thought to myself, "Well Ducky, here you go again! But what the hell am I doing here?"

A good question for hadn't I decided many months ago, that there would definitely be no marathons for this lad in 1987? After 44 marathons over 17 years, I had felt mentally and physically jaded.

people, and running 2nd in the Festival City Marathon twice previously had left me with a nagging desire to keep trying until I went one better.

However, I was even more unconvinced as I spent a sleepless Saturday night, alternating between watching the golf on T.V. and attempting to talk myself to sleep. The American who poked his head out of the open window opposite and deposited his dinner onto the street 3 floors below may have been trying to tell me something!

Not to worry, I told myself, lack of sleep



The finish area at Elder Park.

With a rare period of injury early in the year, as the result of twisting my ankle on a tree root whilst running through a National Park, and a family crisis, which also left me idle for some time, my overall training has been down in volume by approximately 20% from previous years.

However, I found that having the Puma Otway Classic to aim for provided a panacea for other problems. Then, having been very satisfied with my performance in that event, plus having run okay in shorter road races and fun runs, I decided I needed another major event to aim for.

Adelaide was a logical answer, especially as I love the place and the

pre-marathon is par for the course for me, but hell, it is rather miserable walking down to the start of a marathon, in freezing cold pitch darkness and tumbling rain. At least it's not blowing a gale.

From the gun, I moved out fairly quickly, as usual, but it wasn't long before I was faced with the dilemma of either chasing the fast starting Peter Bourgaize, last year's bogey man, or settling back with Bernie Kelly, the in-form runner (with a 2.20 in 1986) and a good judge of pace.

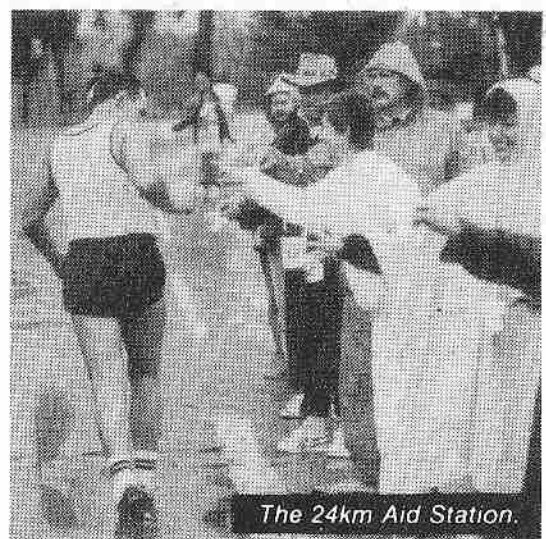
I chose to go with Bourgaize, though at 5kms he was already moving away. My time was okay but I couldn't understand why Bernie and Stuart and company



The first three placegetters in the Men's division, (from left John Duck, Bernie Kelly and Peter Bourgaize) receiving their medals from The Premier, John Bannon.



Bruni Lamprecht



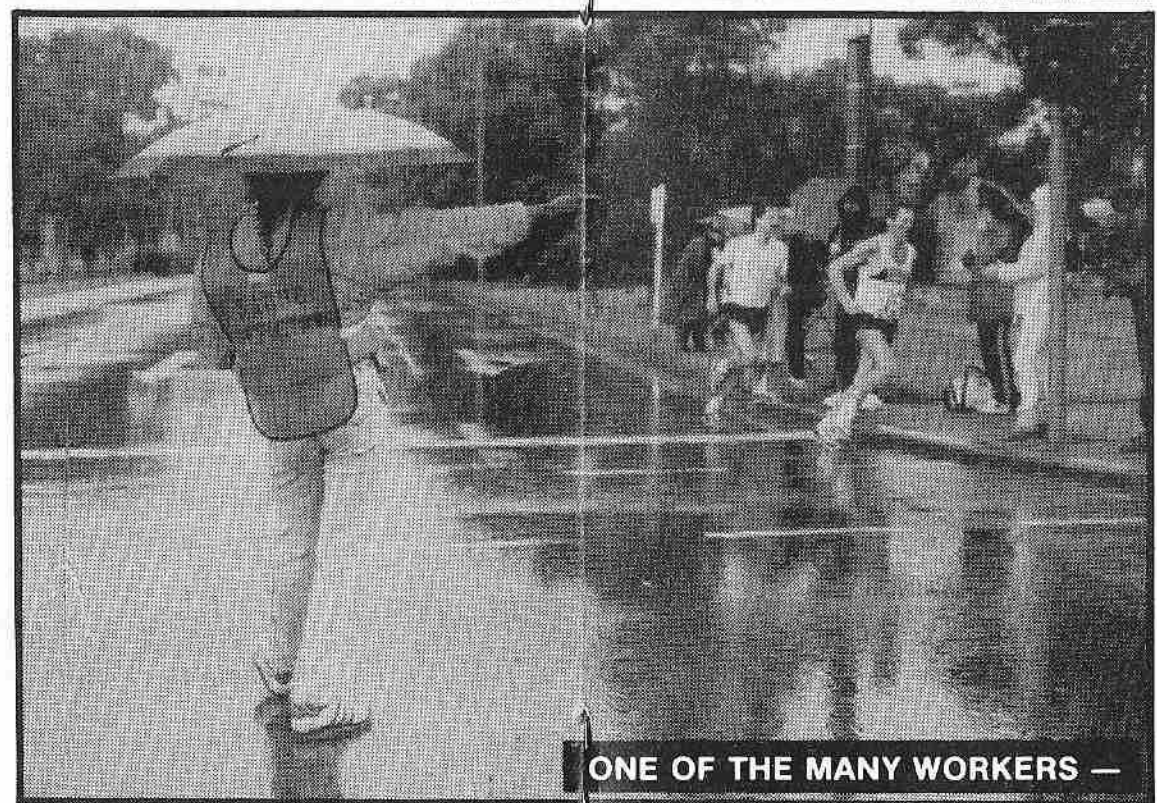
The 24km Aid Station.



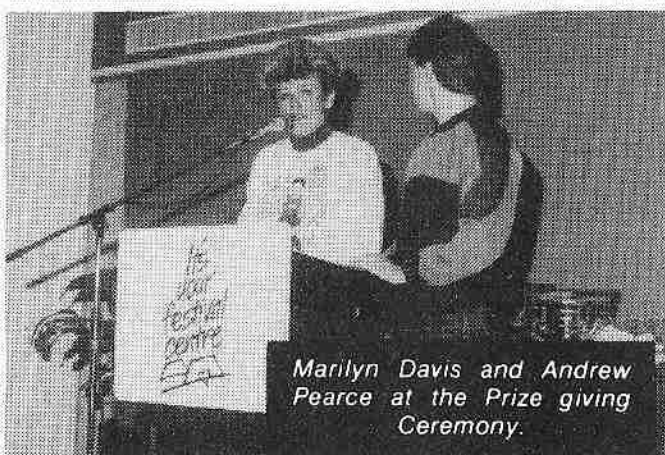
Peter Bourgaize.



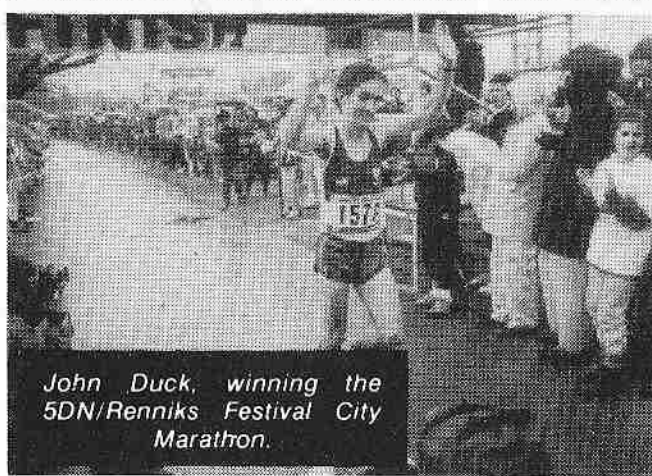
Pre Start, 7.00 am. and very very cold.



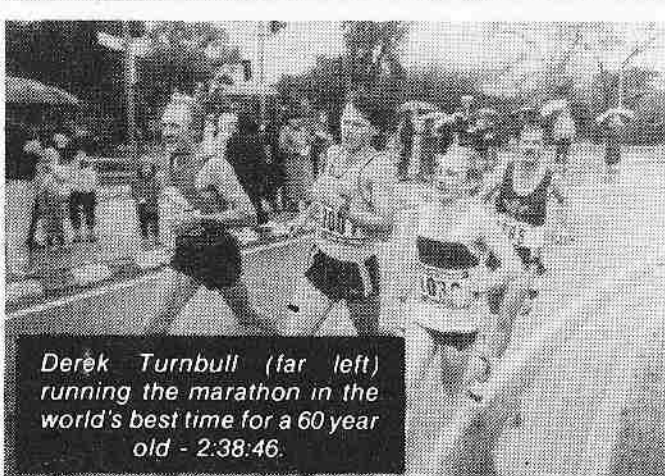
ONE OF THE MANY WORKERS —



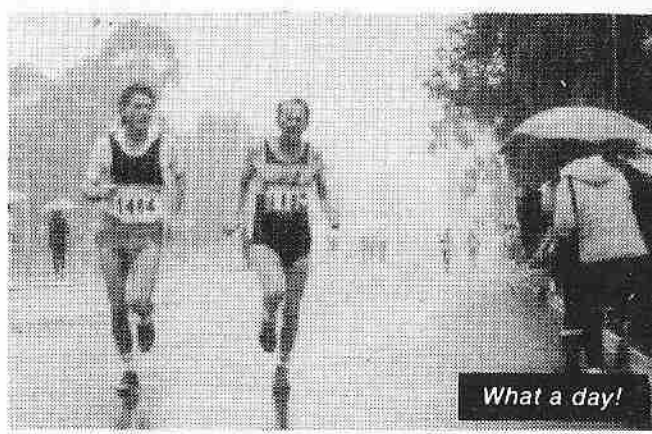
Marilyn Davis and Andrew Pearce at the Prize giving Ceremony.



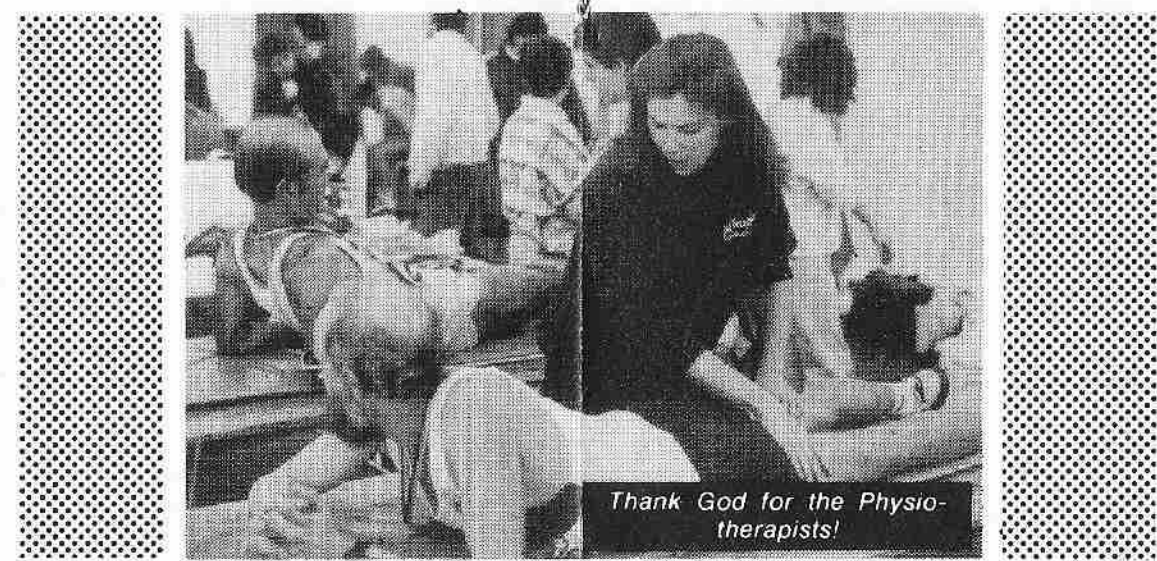
John Duck, winning the 5DN/Renniks Festival City Marathon.



Derèk Turnbull (far left) running the marathon in the world's best time for a 60 year old - 2:38:46.



What a day!



Thank God for the Physio-therapists!



One of the Club's sponsors, Piccadilly Natural Springs providing the Spring Water at the Marathon and on every other raceday.

were so far behind I was sure, though, that they would bridge the gap soon.

Heading out along Anzac Highway, Bourgaize didn't seem to be getting ahead too much, but I was working fairly hard. So is he, I told myself. Coming back again, into a breeze, I was amazed that I appeared to have at least a 50 seconds lead on the pursuing group.

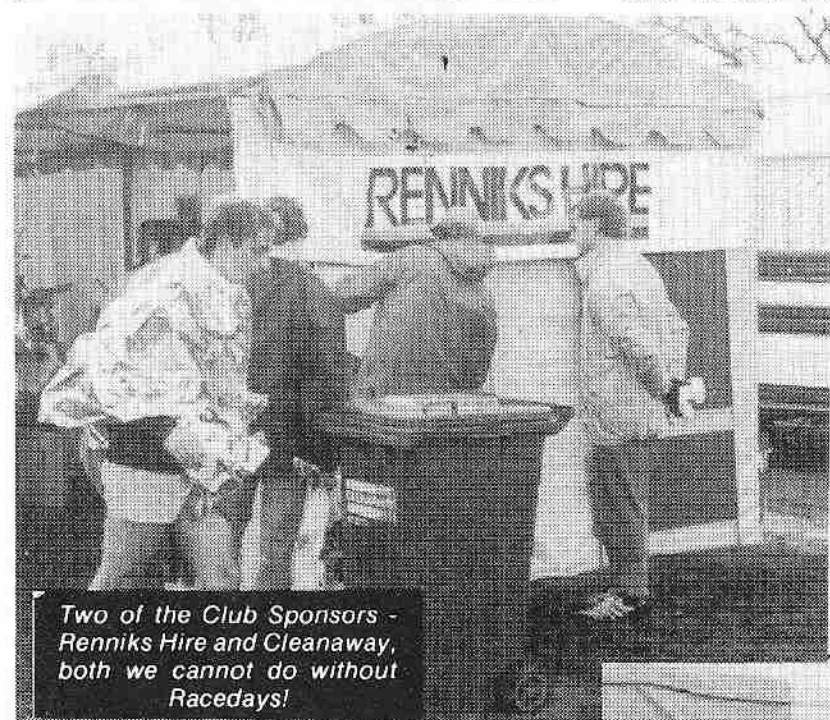
It was about 15kms that I started to feel bad. The symptoms? Just stuffed! My spirits and confidence flagged, fueled by the knowledge that the number of times I had run further than 15 miles this year could be counted on one hand. I decided to battle on to halfway at least, and make a decision about continuing or not when I got there. When I later arrived in 71

one thought, but some spectators seemed to think he was coming back. "Don't worry, he always goes too fast!" said one. "Yeah, mate, so do I", was my reply.

Along the river and through the gardens, and I could see him. Boy, was he coming back! Take your time, Ducky - all you have to do is maintain what you're doing and you'll get him easily and Bernie won't be a problem either (hopefully!).

It seemed an eternity, but eventually I got to him at 35kms from the back he appeared to be moving okay but I moved past - not exactly with a 2 up, but with enough momentum to carry me clear fairly quickly. From then on, it was concentration, keep it moving, and make sure no-one sneaks up on me.

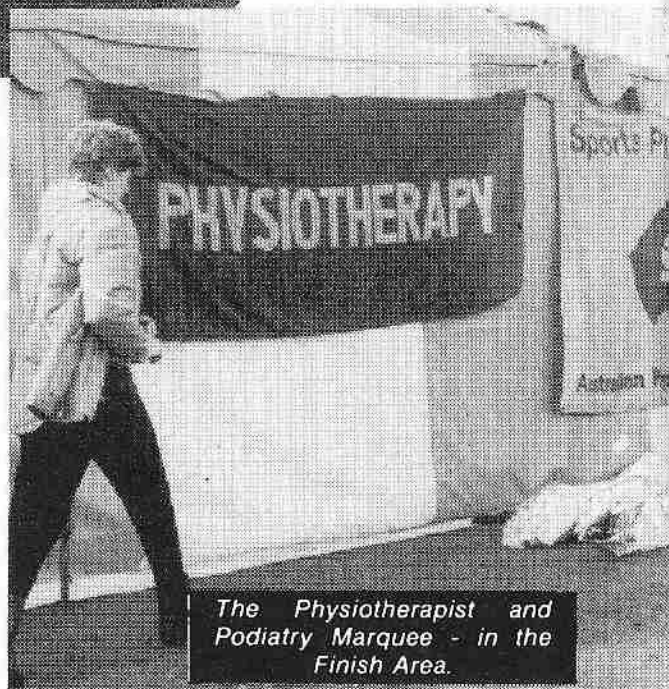
I knew I would run around 2.23/2.24 so I kept my eye on the clock ahead, and mentally marked off the minutes. When I hit the 42kms mark where Chris Acton looked as excited as I felt, I lifted and over the last 200 metres. I'm sure I conveyed the impression of the thrill of the moment! (probably my biggest thrill in nearly 20 years of running). I'd hardly noticed the rain during the



Two of the Club Sponsors - Renniks Hire and Cleanaway, both we cannot do without Racedays!

minutes dead, I couldn't see Bourgaize (Later I was to learn that he had gone through in 70 minutes) but then again Bernie didn't appear to be too close either. Oh bugger it, I thought, I'll get to 25kms. A lot of things were going through my mind then, and not one of them had anything to do with winning! There was my own personal pride, what I owed to Des and S.A.R.R.C. and the knowledge that if I bombed out, I would certainly not run another marathon for a long, long time.

So, on I plugged and as I crossed the river near 23kms, I actually started to feel reasonable! Heartbreak Hill, and the others, didn't seem to take a lot more out of me, though Bernie appeared to be moving through. I wasn't giving Bourgaize



The Physiotherapist and Podiatry Marquee - in the Finish Area.

race, but I suddenly felt very sorry for all those hardy souls who had to stand out in it.

The rest of the day was a series of pleasant experiences - ringing my family, a Big Mac and French Fries with Stuart and Bernie, (no Bernie, you can't get a fish burger without the burger, even if they don't have a McDonalds in Ouyen), the presentations in the Banquet Hall, (sorry about that speech ... you know what

school teachers are like when they get an audience) the afternoon tea in the cafeteria at the airport with Des, Irene and Co. (with the cup in the middle of the table like a giant sugar bowl), the flight home nursing the cup and meeting the family (my little girl wants it for 'Show and Tell!').

Thank you South Australian Road Runners Club, thank you Adelaide, and a special thanks to Des, and I'd love to see you all in 1988!



The Photographers!

PICHI RICHI MARATHON 1987

It was 8.00 p.m. on Saturday June 13th. We were having our evening meal at a Hotel in Quorn. The total group consisted of 3 wives, 3 children and 3 husbands - 2 of which were going to do the Pichi Richi Marathon the next day - 12 hours to go! Graham and David already had the jitters -

David was very afraid of getting cramps from which he normally suffers and Graham was afraid of lack of training and his recent injury flaring up again. Graham had run the Pichi Richi Marathon last year at 4 hours 53 minutes, he wanted to improve.



L to R: Graham Harris, David Miller.

DID YOU KNOW? — SOUTH AUSTRALIAN ROAD RUNNERS

Members who run in various fun runs around Adelaide will be aware of the increasing number of events being staged by "People In Motion".

Our Road Runners Club exists to promote fun running and fitness for its members. Any South Australian is entitled to join. Its Board are all honorary. The benefit to the community that the Club creates is recognised by the Government which, through the Dept. of Recreation and Sport, subsidises the employment of our General Manager. We also rely on membership fees but the Club cannot exist on these alone. We rely heavily on commercial sponsorship for our main runs.

"People In Motion" is an organisation run for profit. Any general event it conducts reduces the pool of sponsors available to the Club and will eventually restrict our ability to get the free co-operation of the Police and the Adelaide City Council for SARRC events. Its promotion material advertises the association of its organiser, Bruce Abrahams, with previous events successfully conducted by our Club and one would be entitled to think the two groups are connected. This is not the case, as was emphasised recently when People in Motion - without any reference to our Club - announced its River Run Marathon for next year in August when the Road Runners traditionally runs the Festival City Marathon. (Our 1987 Marathon was brought forward for a special "one of" reason).

The Club's Board is also concerned that many enquiries on these runs are directed to our office - as the acknowledged centre for fun running in this State - so restricting the time available for our staff to do our own work.

Although recognising the great efforts that Bruce put in to our Club in its early years, we are now faced with the economic reality that Bruce and his People in Motion are in competition with the Road Runners Club. As a result the Club will no longer handle material or enquiries for People in Motion events. Members are asked to remember this and not embarrass our office staff when seeking information on these other runs.

"A refusal often offends". Our staff have more than enough to do looking after the activities and interests of our own Club without assisting our commercial competitor.

If you got lost on our Heritage Run or on any of our other Sunday runs, spare a thought for our number 1 member - Premier John Bannon. Trying to maintain his fitness while in northern China, he went for a run in one of their major cities, lost his bearings and could not find anyone who could speak English and direct him back to his hotel. The street signs of course were in Chinese. Eventually he found a school and had to go in. Fortunately there was an English language student there who was able to jog back with him to his hotel.

Chris Acton even got lost one Tuesday morning on a 6.30am run while running around the University loop - and it wasn't even dark then.

Our club this year encouraged members to support the Muscular Dystrophy Association to raise funds by competing in our marathon.

52 runners supported the Association and raised over \$7,000. Qantas also supported the Association by providing a prize of a ticket to the London Marathon next year. Thank you Qantas. Ian Hunter from Flinders Park, one of our regular Sunday morning runners, had decided to give up distance running after this year's marathon until his name was drawn out of the hat at the Muscular Dystrophy Association by June Appleby M.P. He is now back in full training and he says that even his wife offered to clean his shoes if she gets to go with him to London next year. It is not difficult for marathon runners to raise sponsorship for an organisation like the Muscular Dystrophy Association and they really need our help. The aim is to at least double the amount next year. Qantas will probably provide the same prize as an incentive.

We have a group of members at Semaphore who run in that area regularly. They have arranged a special 10km run on Sunday November 1st at 8.00 a.m. It starts at Old Custom House and finishes at Semaphore Jetty. It will be well worth members time to visit them and join in their run.

SPECIAL DIARY NOTE:

The S.A. Brewing Company is sponsoring a run at Adelaide Airport on Sunday, November 22nd. There will be a random draw prize for a trip for two to Singapore. The run is being jointly arranged with West End, Singapore Airlines and Pan Pacific. Entry forms will be out soon. You have to be in it to win it!

Another Mystery Run

October 25th leaves North Adelaide at 8.00 a.m.

Thredbo - 15th-25th January, 1988.

National Running Week. Accommodation and transport \$350.00. A great week and you do not have to run but there are plenty of runs if you wish to do so. Great Alpine walks!

Womens 10km Classic is on 29th November.

Training

For those training for the Vets Marathon in Melbourne on December 6th (and anyone else interested) there will be a 10km to 21km run from North Adelaide on Saturday 28th November at 8.30 a.m.

Clarendon

One of our best runs in 1986 was at Clarendon. Its on again this year - on Sunday November 8th. Starts at the Old Clarendon Winery at 8.30 a.m. 10km and 15km distances. Enter on the day. Free but have a great breakfast after at the Winery for \$4.00. Good random draw prizes also - as well as first male and female prizes in both distances.

Obahn Path

Possibly as a result of requests the Club

has made, there are now a number of new taps on the Obahn paths. Thanks to those Councils concerned. It will make running on the paths more safe - particularly in summer. Burnside Council have also promised to put a tap on Beaumont Common.

Australian Airlines

If you have travelled on Australian Airlines this year, please let the office know the date and destination. Australian Airlines assist the Club and would like to know the level of support they receive from our members. The Club needs the information to assist our negotiations for sponsorship next year.

Alice Springs runners - for the size of this group - supported our marathon well. Noel Harris led a group south which was very prominent at the Carbo-Party. All in all there were 158 runners from interstate and 11 overseas runners. The German runners were so enthusiastic after the marathon that they hope a substantial group from LUFTHANSA's running club will run here in 1988.

"THINKING OF THE 6 DAY TRIATHLON?"

Peter Emes of the South Australian Road Runners Club actually ENJOYED the 6 DAY in 1986, and the fool is back in training to make a vast improvement on his 1986 middle placing in the April 18th-23rd 1988 event.

He's looking to join a team this time, or to form a Myles Pearce sponsored team, so if you're as silly as he is contact him (W) 212 2500 or (H) 294 5911.



Dear Organisers,

Well done! And a very big thank you to each and every person involved in the 1987 Festival City Marathon. The weather only went to prove that ours is truly the Friendly Marathon. Under such wet and windy conditions there was plenty of encouragement to keep us going.

I enjoyed being a part of this well organised event, and I hope that this short note will in some small way convey our appreciation as participants, to everyone who made it possible.

Stephen Byrne, North Haven S.A.

Dear Race Director,

As a competitor and finisher, in the recent Festival City Marathon may I ask you to convey to your Committee and many volunteers my thanks for a very well organised event under the most trying conditions.

The weather could not have been worse and being a walker, I was out in it for quite

a few hours but the encouragement of the marshalls, most of whom must have been as cold and wet as I was made the effort seem worthwhile.

I hope to be back again next year and hope the Marathon will be moved back to its usual August date.

L.J. Pearce, Lameroo S.A.

Dear Race Director,

Congratulations on a well-organised Marathon! You even managed to schedule the event to take full advantage of the lull in the weather!

On a more serious note, I applaud the organisation of the 1987 Festival City Marathon. From the moment I received my race number and instructions, I could see that the revised procedures at the checkin meant much less trauma for runners that were already "keyed up". I hope that this will continue in future.

The assistance of the many officials, St. Johns First Aid, Australian Citizen Band

Radio people, and of course, the S.A. Police Department must also be acknowledged. Without their help, this event would simply not be possible, and I sincerely thank all of these people for the time they have so freely given.

My thanks also to all of the Sponsors for this year's event. Their support, both financial and otherwise is often not recognised by the participants but must be acknowledged.

I found the weather conditions ideal, the low temperatures combined with the light winds, drizzle and occasional burst of sunshine made the morning extremely pleasant for me. I am very happy with my time of 3hrs 32min - my goal was 3hr 30min!

The only negative comments that I could make are that I was looking for the familiar self-standing kilometre markers instead of the black-on-white boards, and secondly that the rain earlier in the week did not help the Elder Park area much!

Overall I would rate this as the best Marathon of the three that I have run.

Lloyd Roberts, Ridgehaven S.A.

Dear Organisers,

Firstly let me congratulate you and the members of the South Australian Road Runners Club on an excellently organised event on Sunday 19th July, 1987.

As an interstate entrant, I was quite impressed with the accommodation arrangements made with the Grosvenor Hotel.

This was my third Festival City Marathon and the manning of check points and assistance from the police could not be faulted.

I look forward to participating in next years event (provided the weather improves!).

Bruce Povey, Echuca Vic.

Dear Race Organisers,

May I offer my congratulations to the Organising Committee of the 1987 Festival City Marathon held on Sunday 19th July, 1987. It did a magnificent job.

This was my first attempt at a Marathon and I was most impressed with the help, encouragement and friendliness of all the officials, course marshalls, St. John's personnel and Police. Their efforts turned

a cold, wet, miserable winter's morning into a memorable occasion.

I have two suggestions to improve the race for the runners. Firstly, the gear-bag truck was parked 100 metres north of the finishing area after the race. As I could hardly walk at all, due to my blistered toes and rubbery legs, even this short distance seemed like another Marathon! Could the truck be parked next to the Theatre, close to the finishing area? Secondly, could more space be provided between the finishing line and the chute? It was a little congested when I finished and the official had difficulty getting us into the correct order of finishing.

I look forward to trying again next year.

Michael Mason, Stirling S.A.

Dear Organisers,

We have decided to cast aside our normal apathy and take the time to record our thanks to the many people who made Sunday's Marathon such a great success.

In particular we mention the marshalls who braved the most atrocious conditions, yet still managed to provide encouragement as we passed.

The people in the finish area with the medals and blankets, made us all feel like winners. From there it was just a short (painful) walk to the medical tent where so many volunteers eased the aches and reinforced our resolve to do it again next year.

From there it was just a short (painful) walk to the medical tent where so many volunteers eased the aches and reinforced our resolve to do it again next year.

Many thanks once again. It is an event Adelaide can be proud of.

**Graham Henderson
Tony Newman
Peter Carger, West Lakes S.A.**

Dear Organisers,

I wish to thank you for the recent Marathon in which I took part. I feel the organisation was good and apart from the weather over which you had no control I enjoyed myself.

My reason for writing is to comment on the staggered start. This is my second Marathon and the first was 2 years ago when we all started together, so I have experienced both methods. I much prefer the staggered start with the slow

NEW

CLUB MERCHANDISE

OUR NEW RANGE OF CLUB MERCHANDISE IS NOW AVAILABLE TO MEMBERS.

| | |
|---------------------------------------|---------|
| * Track Suit Jacket - Blue | \$33.00 |
| Track Suit Trousers Navy/Blue/Aqua | \$22.00 |
| Logo Optional Extra | \$3.00 |
| * Windcheater - Yellow | \$21.00 |
| * Chinook (Hooded) | \$29.00 |
| * V Neck Pullover Navy/Red | \$39.00 |
| Gloves | \$1.00 |
| * CLUB LOGO EMBROIDERED ON GARMENT | |

Merchandise available at our office, 1 Sturt Street, Adelaide, Sunday Pack Runs or Club Events.

For any enquiries, please phone Elizabeth or Maryann 9-5 weekdays on 213 0615.

LETTERS ● LETTERS ● LETTERS ● LETTERS

performers an hour ahead of the 'real' runners. It is far better to be on ones own at the end when tired. I found the presence of others in my company was a great boost, and in the last few kilometres I found I was able to run with some of the 4 hour people at their pace.

My only reservation with it is to call the early start the 'walkers' start. I am sure this discourages many who should really start at the early time, but who think they are runners and would not be permitted to start then. Perhaps a name like 'plus fours' may be better, as I feel anyone who can't really expect to complete in about 4 hours would be much better off at the early start.

After my immediate reaction at the end of 'never again' had worn off I have started to plan for next year and hope to take nearly an hour off my time. See you there.

Don Walton, Hallet Cove S.A.

Just a quick note to say thank you very much for doing such a fine job with the Marathon this year, and especially for inviting me back to have another bash at it.

While I'm not exactly delighted with my result, it's a while since I've had such a difficult one and I was very glad just to finish on Sunday last. I have never had cramp problems like that before, and will have to find out what caused them, and fix it!

I was surprised at the relatively large numbers of spectators that braved the rotten weather and, once it became apparent to me that I was just trying to finish, I tried to make a point of thanking every SARRC official and copper that I passed. I don't remember a lot about the finish except that I was a bit distressed, and a bit short with one official (who knew me). I hope I didn't offend anyone.

Anyway, on the whole I had a most enjoyable weekend and can only vow that when I next return to Adelaide I want to do better, whether it be next year or not. I hope to be in Europe this time next year.

Thanks again to you and all your dedicated workers, and the Police (and 5DN, Renniks Hire, San Remo and West End) for doing such a great job. The community atmosphere at the Adelaide Marathon is unique in my experience in Australia.

Stuart Greaves, Northbridge N.S.W.

Greetings from chilly England! Thank you for sending on our copy of the Journal. It was waiting for us on our arrival from U.S.A. two days ago. The trip so far has been full of interest and the weather has been hot. That is until we reached England where it is a cool 16 degrees - not bad for mid summer!

Hawaii was great, had 2½ weeks there checked out the Honolulu Marathon Course and it looks good if one can run in such heat when there is the appealing Waikiki beach and surf just a few yards away.

From Hawaii to San Fransisco which also was enjoyable and was sorry to leave the place. Then on to Denver Colorado, a few days in the Rockies not far from Rob De Castellias stomping ground. From there it was on the Davenport Iowa where we met up with our friend and started to warm up for the famous 'Bix 7' with a field of close to 13,000 which included Deek, Bill Rodgers, Frank Shorter, Joan Benoit, Joseph Nzau, Geoff Smith, Eric and May Fazackerleys and other top names.

I am enclosing a few newspaper cuttings a brief report which you might be able to improve on, to include in the next Journal.

After the Bix we went on to Niagara Falls then Washington and only was able to spend a day in New York before flying to U.K.

So here we are for a couple of months and I am just starting to do some serious running in preparation for Greece in October. The cool weather is ideal for running if nothing else after the heat and humidity of America. Sorry I am not able to get the article typed for you and do hope you can decipher my appalling scrawl which seems to deteriorate each time I put pen to paper. Best regards to all at the club especially those at the Hill - we miss them all.

Best regards.

Eric and May Fazackerley

Dear Editor,

Ray Haese, is a good example of what our club is all about!

A couple of weeks before the marathon I collapsed on a Sunday 30km run about 7km out from the start.

Ray who was leading the pack cut his

run short and helped me back to the start.

His leadership and caring is an inspiration to SARRC which is about friendship and caring and about supporting runners of all ability.

My sincere thanks to Ray for his support and friendship.

Incidentally I recovered sufficiently from my setback to run a PB in the Marathon.

Helen Bridges

ARE YOU OVERTRAINING?

Running is accepted by most people as being a health promoting activity, and in fact, many start running as a means of improving their health. Running can influence certain parameters of health like obesity, high lipid levels, high blood pressure. It can also indirectly prompt the runner to critically re-evaluate his or her lifestyle. This re-evaluation may result in a change of diet, a reduction in alcohol consumption, or the cessation of smoking. Many people also find that running is an effective method of coping with stress.

That is the positive side of the coin, for some people running becomes an obsession that can also threaten their health. Runners neglect the body's warning signs that too much is being attempted too soon. If ignored for too long, injury results in the runner being unable to pursue his or her past time and extreme frustration occurs. The 'ideal' exercise programme should aim at extracting the maximum results for the minimum of effort. Too often what happens is that maximum effort leads to minimum results.

This can be because of the runner setting unrealistic goals and/or an inappropriate level of training. Race times fail to come up to expectations therefore the runner feels that he is not training hard enough, consequently training is increased with even worse performance resulting. If only it were that easy! Anyone who could churn out 100 or 150 miles a week would be a champion. Percy Cerutti once said - "It is not hard work that produces champions - it is intelligent hard work".

The major problem runners face is a natural desire to excel. Harry Wilson, Steve Ovet's coach, once told a group of coaches "If we could develop a scientifically proven training programme that took x hours a day to produce a champion, someone would then say - 'ah!'

cascade of physiological reactions that if I achieved y result on x hours a day, just think that I could do on 2 x hours". And the whole merry-go-round starts again.

What we need to establish is some reliable guidelines to protect us from inefficient training and/or overtraining. Dr. E.C. Frederick writing in the "Physician and Sportsmedicine" defines overtraining as something that results in a threshold that is exceeded and causes a can result in a long term stay in a state of overtraining. Once a runner reaches this state it is exceedingly difficult for them to recover quickly.

The following guidelines were developed by Dick Brown, exercise physiologist for Athletics West in Eugene Oregon.

- 1. POST TRAINING WEIGHT**
If your weight drops significantly below normal it indicates an increased risk of illness or injury in the next two or three days.
- 2. EVENING FLUID INTAKE**
If your fluid intake was more than normal or you are thirstier than usual there is an increased chance of becoming ill or injured two or three days later.
- 3. BED TIME**
If you go to bed later than normal, this also increased the risk of illness or injury.
- 4. QUALITY AND QUANTITY OF SLEEP**
If the amount of sleep was less than normal, this increased the risk of illness or injury.
- 5. MORNING HEART RATE**
This should be taken immediately upon waking and recorded. If the reading is increased by more than 5 beats per minute, increased risk of illness or injury was indicated. Other signs of overtraining are excessive muscle stiffness after

SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 21

DEC. 1987

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MEMBERS: FREE



Assisted by the South Australian
Department of Recreation and Sport

LETTERS ● LETTERS ● LETTERS ● LETTERS

Dear Road Runners,

Just a short note to thank you for organising the Grand Prix Circuit Run. I thoroughly enjoyed it and appreciated the chance to visit the circuit more informally.

Also please thank Di Dutton who organised my T-shirt. Unfortunately I couldn't find her after the race as arranged but was able to collect my shirt on Monday from Sturt Street.

Thanks again.

Yours,

JOHN E. HAZLEDINE
Maryborough Vic.



Howdy Non-walkers,

Here we are in the land of America. Consequently I must make my apologies now for not having run this year in the Festival City Marathon. We have missed running companions here and thought that America was full of fit people. Beware this is an American plot to let people think they are fit so they can sell more hamburgers. We joined the local running club in Washington State called the hard Core Runners. Not a bad bunch of people but not as quiet and refined as the Hash House Harriers.

Over here there are far more fun runs which are usually well attended. However, the marking and policing of the courses

does leave a lot to be desired. I've been lost four times now and some Americans have had to refer to their dictionaries to find out whether I was giving them compliments or not. Marathons are usually pretty good and I even went in the Colorado 100 mile Mountain Run. It's an interesting experience trying just to breath at 12,000 feet let alone run.

Triathlons here are nowhere near the standard of Aussie ones and the price of entry has forbidden me from entering more than one. Prices usually range from \$30 to \$150 with not much value thrown-in. Better go now, I need to get some exercise to catch up to all you fit Aussies.

Merry Christmas.

GUY, MAGGIE & SOPHIE SCHUBERT
Murray Bridge, S.A.



Dear Organisers,

I must say the Betts & Betts/adidas Grand Prix Classic was yet another great run held by your Club, and I am sure many runners as myself were very high in praise for the way in which this run was organised.

PETER KITSCHKE
Jamestown, S.A.



LETTERS ● LETTERS ● LETTERS ● LETTERS

A note of appreciation is here given to the many instructors who helped out with the 4th Advanced Beginners Class. These instructors who helped for a week or more were: David Stapleford, Brian Vogt, Annie Ashwell, Graeme Cox, Stella Emberson, Wolfgang Lidstein, Chris Acton, Lindsey Laver, Stephen Higgins and Rod Martin. Four instructors also ran with the class in the City Bay. They were: Eileen Baronian (62 mins), Dawn Black (74 mins), Annie Ashwood (60 mins) and Ted Trojanowski (90 mins).

In addition to the excellent efforts of these 13 runners from the 4th Class in the City Bay, (see Annie Ashwell's letter), other past Advanced Beginners have continued to achieve new goals. In the Greenbelt Half Marathon on 13/9/87, three runners from the 2nd Advanced Beginners Class finished their first half marathon. They were: Janet Lau (1hr 47 mins), Bernie Lau (2hr 17 mins) and Rey Ayliffe (1hr 59 mins).

Five graduates from past Advanced Beginners Classes also finished the Festival City Marathon on 19/7/87. Those completing their first marathon were: Roger Vaughan (4hr, 26m), Graham Mayfield (5hr 9m) and Joyce Mulders (6hr 51m - walkers section). From the 1st Advanced Beginners Class, Gerry Velaitis (3hr 88m) and Geoffrey Smith (3hr 44m) completed their 2nd and 3rd marathons respectively. Well done all.

TED TROJANOWSKI

Many thanks to the good company of all those runners who attended the recent 'Advanced Beginners Course'. Organised by Ted Trojanowski this ten week course provides a pack run for graduates of the 'Beginners Class', who wish to increase their mileage at an easy pace. Completion of the course was celebrated with a breakfast at the Hackney Hotel. The following week many students competed in the 'City Bay Fun Run', and all entrants finished successfully. Congratulations to

these 13 runners from the 4th Advanced Beginners Class. They were:

| | Mins | | Mins |
|-------------------|------|----------------|------|
| Sue Appleton | 90 | Ray Ball | 88 |
| Suzanne Bennett | | Marie Downes | 90 |
| | 88 | | |
| Marion Hutchinson | | Carol Lang | 81 |
| | 82 | | |
| Doreen Molinoro | | Vivient Palmer | 75 |
| | 79 | | |
| Kay Priori | 78 | Robert Priori | 63 |
| Chris Romanowicz | | Jill Ward | 101 |
| | 75 | | |
| Lyn Wilson | 87 | | |

Many thanks to Ted for giving me the opportunity to assist him as an instructor.

ANNIE ASHWELL

Dear Organisers,

I want to congratulate you on a job well done for organising the Betts & Betts/adidas Grand Prix Classic, and I want to thank Elizabeth and Maryann for their part in the Grand Prix Classic.

HOWARD WILLIAMS
SARRC Member

Dear Des,

I have just realized that I have omitted to acknowledge receipt of a very fine trophy from you for winning the Over 65's in the Festival City Marathon this year.

Thank you for your courtesy in sending it to me. Thank you also for making us Melbournians feel at home by turning on our weather for the occasion.

You and your team should be congratulated on the success of yet another Marathon. I shall certainly be a starter again next year if wind and limb permit.

Yours sincerely,

KEITH MANDER
Mt. Martha, Vic.



FOOTNOTES

SARRC Office,
Cnr. King William &
Sturt Streets,
Adelaide. 5000
Ph. 213 0615

AUSTRALIA'S LARGEST RUNNERS CLUB

NEWSLETTER No. 40

Registered by Australia Post
Publication No. SBH0729

AUGUST 1987

OFFICE HOURS

The South Australian Road Runners Club is open EVERY day from 9.00 a.m. until 5.00 p.m. Please feel free to drop in at any time. Please remember that entries, membership etc, can be paid at club training on Sundays at North Adelaide.

JOURNAL

The next issue of 'S.A. RUNNING' will be posted in September. The deadline for articles or advertising is September 4th, 1987.

NATIONAL RUNNING WEEK

The National Running Week in Thredbo is being organised again for 1988.

The dates of the trip are Saturday January 16th - Monday January 25th, 1988. The House of ULLR and a Super Coach has been organised, but there are limited seats so get in early with your booking!

The Coach will depart Adelaide Friday evening (January 15) and will return Monday lunchtime (January 25). The price will include ALL costs except for food and drinks.

Application forms are available from the office, or on Sundays at North Adelaide.

JOIN DEEK AT THE GRAND PRIX CLASSIC!

The South Australian Road Runners Club will be organising the BETTS AND BETTS/adidas GRAND PRIX CLASSIC to be held on Saturday November 14th, 1987.

The run will be on the Grand Prix Circuit, with Robert De Castella, Grand Prix teams and other personalities. Entry forms will be available in approximately one week and can be obtained from Betts and Betts Stores, Shell Service Stations leading Sports Stores, and the South Australian Road Runners office.

WORLD VETERAN GAMES

The World Veteran Games will be held in Melbourne late November early December this year. The Club is organising a tour to the Games. Accommodation has been arranged at the Victoria Hotel, Little Collins Street, Melbourne. Travel to Melbourne can be either by Australian Airlines or by Greyhound Coach.

For enquiries please contact the S.A.R.C.C. office.

S.A.R.R.C. MERCHANDISE

The Club has S.A.R.R.C. merchandise on sale either in the office or on Sunday at North Adelaide. The merchandise includes Tracksuits, Windcheaters, Chinooks, and Adelaide Festival City Marathon Windcheaters, and Tyvek Jackets.

There are **STILL** prepaid souvenir singlets being held in the office from the Womens Fun Run, adidas 10km and the Toyota Camry Classic. If you have not collected your singlet please do!

Marathon souvenir and finisher singlets are also being held in the office, please come and collect them.

TRAINING

Regular training every Sunday: 7.45 a.m. at War Memorial Drive (rear the Zoo) North Adelaide various distances. Start Running Classes. Roger Pedrick will be in charge of the 10-12km Pack Runs as a separate group from the longer distances.

Every Sunday: 7.00 a.m. Le Fevre Peninsula Community and Youth Centre, 541 Victoria Road, Osborne. Various distances.

Start Running Classes, phone John Murfitt 248 3536.

Every Sunday: (New Group) 7.30 a.m. Tennis Courts Ashley Avenue, Tea Tree Gully (behind the 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 Skorin 339 2530.

Every Sunday: (7.30-8.00 a.m.) and Wednesday (12 noon) Barossa Running Group. Tanunda Recreation Centre, Magnolia Street, Tanunda. Showers, tea and coffee available. All distances and abilities, beginners and visitors welcome. Phone Trevor Miller (085) 62 2826 or Bill O'Brien (085) 62 2085.

Every Tuesday and Thursday: 5.55 p.m. Scout Hall, Burbridge Road, West Beach, 10/15/25km fast and slow. Phone Janice Graves 211 7956.

Every Wednesday: 5.25 p.m. Adelaide Hockey Clubrooms (corner of Greenhill & Beaumont Roads) Pack Runs. Phone Candi Charles 267 2579.

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

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

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

Every Tuesday Morning: 6.25 a.m. University Gym, Mackinnon Parade, North Adelaide. Phone Stephen Dunn 237 2880 (b) 267 3791 (p) or SARRC Office 213 0615.

CATHAY PACIFIC

The Club was contracted to organise the Cathay Pacific Fun Run for the recent AFTA Convention.

The Run was held on Thursday July 30 and was enjoyed by approximately 200 delegates. There was a serious 10km run followed by a Fancy Dress 4.5km Fun Run. It was a thoroughly enjoyable morning, with the Fancy Dress ranging from Rickshaws to a Jockey riding an Emu! Photographs will be included in the September Journal.

THE 5DN/RENNIKS FESTIVAL CITY MARATHON

The Marathon was a great success apart from the rain, however the weather didn't deter many runners.

Julie Cummings and John Duck were delighted with their wins, the top overall placegetters were:-

OVERALL RESULTS

| FEMALE | | MALE | |
|--------|------------------------|------|-------------------------|
| 1 | Julie Cummings 3:07:41 | 1 | John Duck 2:24:30 |
| 2 | Cathy Ludbrook 3:08:54 | 2 | Bernie Kelly 2:25:33 |
| 3 | Clare Hennessy 3:09:02 | 3 | Peter Bourgaize 2:26:59 |

The statistics for the Marathon were:-

| | | | |
|------------------|-----|------------------|-----|
| No. of Entrants | 950 | No. of Starters | 877 |
| No. of Women | 115 | No. of Finishers | 738 |
| No. of Overseas/ | | Women Finishers | 86 |
| Interstate | 169 | Walker Finishers | 19 |

We were delighted with the coverage given by 5DN during the run and it was most interesting for all the volunteers at Elder Park to hear who were the leading runners.

We would like to thank the 800 or so volunteers who came out in the cold and rain to make the Marathon such a great success. The run is a mammoth task to marshal etc and without the Clubs willing helpers could not be staged.

There will be a full report on the Marathon in the next Journal, with photographs etc.

Third time lucky

FESTIVAL CITY MARATHON, ADELAIDE
July 19, 1987

by NEVILLE SNOOK, RACE DIRECTOR



SMILES IN THE RAIN at the 24km aid station—in spite of a 5 am start for many of the heroic volunteers upon whom the success of the event depended.

From the start last year's winner, Peter Bourgaize, did all the front-running, and by the 31km mark he had opened up a 500m lead from John Duck.

However, as they ran along Dequetteville Terrace towards the 35km mark the gap between them began to close, with John finally catching and passing Peter at around 36km. Shortly afterwards Peter was also overtaken by Bernie Kelly, who finished 2nd in 2:25.33. John led for the rest of the race to win in a time of 2:24.30.

This was John Duck's first win in three attempts at the Festival City Marathon, his best being a 2nd behind Peter Bourgaize last year.

The women's section saw Julie Cummings win in 3:07.41 from Cathy Ludbrook 3:08.54.

There were some outstanding performances from both men and women, one of the most notable being that of 60-year-old New Zealand farmer Derek Turnbull, who set a world best time for his age of 2:38.46.

Before the first of the 857 runners had even finished the race, teams of volunteers had started to bring up the rear of the field, packing up all the aid stations and cleaning up any rubbish left behind. Many volunteers continued working throughout the afternoon dismantling and pulling down the tents, removing the barricades and fencing, and cleaning up Elder Park. Some of these volunteers worked right through from 5 am to 6 pm on a cold, wet and overcast day to ensure that, once again, the Adelaide Festival City Marathon was a great success.

RESULTS

J. Duck 2.24.30; B. Kelly 2.25.33; P. Bourgaize 2.26.59; S. Greaves 2.31.22; M. Nolan 2.34.19; F. Schiffer 2.34.57; E. Darby 2.37.23; T. McCool 2.37.47; P. Quigley 2.38.14; D. Turnbull 2.38.46. Female-J. Cummings 3.07.41; C. Ludbrook 3.08.54; C. Hennessy 3.09.02. Male U/20-S. Munn 4.38.28. 20-34-J. Duck 2.24.30. 35-39-P. Bourgaize 2.26.59. 40-44-T. McCool 2.37.47. 45-49-I. Berry 2.50.51. 50-54-M. O'Dea 2.59.57. 55-59-R. Sjoerdsma 3.08.12. 60-64-D. Turnbull 2.38.46. 65-69-K. Mander 3.21.25. 70+-C. Skehan 4.17.45. Female 20-34-J. Cummings 3.07.41. 35-39-H. Bridges 3.37.59. 40-44-A. Lang 3.25.24. 45-49-C. Bowker 3.23.32. 50-54-J. Roberts 4.07.14. 55-59-S. Harris 3.58.48. 60-64-D. Cock 4.09.13.

Small minded dispute



The South Australian Road Runners Club has long been one of the most innovative and progressive clubs in Australia, building a membership and network of running events that could only be compared to the New York Road Runners Club.

In the past 18 months SARRC has gone through major personnel changes and obviously changes in attitude.

In its early years Bruce Abrahams was the founder and guiding light behind much of the club's success. That relationship ended in March, 1986 when Abrahams resigned as general manager of the club after only one year.

Since then Abrahams has established his own business, People in Motion, and joined the board of the Athletic Association of South Australia. In 1987 People in Motion organised several highly successful events including the Torrens Discovery Run and the Capita 10k. Both received extensive publicity in *Australian Runner*, before and after the events. The main reason was People in Motion supplied us with the information.

On the other hand 1987 passed by with barely a word of pre-publicity from SARRC for any of its major events such as the Festival City Marathon, the Standard Chartered Women's 10km or the Grand Prix run. Nor was there any follow-up to these major events.

Abrahams is now using the expertise built up during his time with SARRC to conduct events that are increasingly meeting with public approval.

The small mindedness of the dispute between People in Motion and the South Australian Road Runners reached its frivolous peak when *Australian Runner* received the latest issue of the SARRC journal.

All the major run dates for 1988 for SARRC and PiM were listed. Nearly all the runs, with the exception of PiM events listed a contact telephone number. Maybe SARRC did not have the telephone number for PiM? That's hardly likely when Abrahams uses his home telephone number that was available to all SARRC members during his six-year association with SARRC.

SARRC now refuses to take ads for PiM in its journal. As a partially publicly funded body under the SA Dept of Rec. & Sport it would seem in the club's best interests to accept paid advertising.

My association with Abrahams is personal and work related. Over the seven years of the magazine I have become a good friend and his work in promoting running in Australia has no equal.

The threat to the South Australian Road Runners is not from People in Motion but more from the small minded attitude that seems to have overcome the club.

Olympic standards

The following Australian Olympic standards have been approved by the board of directors of the Australian Athletic Union for the Seoul Olympics.

| Event | Men | Women |
|----------------|----------|----------|
| 100m | 10.34 | 11.44 |
| 200m | 20.70 | 23.24 |
| 400m | 45.74 | 52.14 |
| 800m | 1:46.00 | 2:01.00 |
| 1500m | 3:37.50 | 4:07.50 |
| 3000m | | 8:58.00 |
| 5000m | 13:30.00 | |
| 10,000m | 28:10.00 | 33:00.00 |
| 110/100H | 13.90 | 13.34 |
| 400H | 50.04 | 57.04 |
| 3000mS | 8:28.00 | |
| 20km W | 1:25:00 | |
| 50km W | 4:05:00 | |
| High Jump | 2.26 | 1.90 |
| Pole Vault | 5.45 | |
| Long Jump | 7.95 | 6.55 |
| Triple Jump | 16.75 | |
| Shot Put | 20.00 | 18.00 |
| Discus Throw | 63.00 | 61.00 |
| Hammer Throw | 75.00 | |
| Javelin | 77.50 | 61.00 |
| Dec/Heptathlon | 7800 | 5950 |

No time limits have been set for the marathon because of difficulties in measuring comparative performances and the limited opportunity of competition. Athletes will be expected to have performances of a standard considered good enough for them to finish in the top 20 at the Olympics.

Performances achieved after 1/4/87 are to be considered.

Athletes who rank highly in the world and who have proven athletic ability against top world competition may be pre-selected. If pre-selected, and not living overseas, an athlete must compete in at least two 5000 metres or longer events in the period after 1/1/88.

The board has also set the following criteria for selection.

No one performance or place in a particular event or competition shall result in an athlete gaining automatic selection.

Athletes must compete in national championships, state championships, international meetings in Australia and specific