

SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 22

MARCH 1988

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Assisted by the South Australian
Department of Recreation and Sport

EDITORIAL

The South Australian Road Runners Club prides itself in providing fun runs and road races which are 'safe' for all runners.

The Police and Course Marshalls ensure the safety of our runners during road races. The St. John Ambulance Brigade is present at all our runs in case of accidents or injuries.

The Marathon is traffic free for sub 4 hours and 15 minutes, with extensive medical facilities available in the finish area.

Yet, accidents will occur. Runners are on the roads at all hours of the day and night, enjoying and for training, but what safety precautions do you take?

How many run at night? How many wear reflective clothing? Importantly do you watch the traffic, especially when tired? Whether runners are in the right or wrong with the rules of the road, a car will always win the argument!

If an accident does occur what identification is carried? If you run on your own or in a pack do the hospital/police know who you are, or who to contact? Many of your fellow runners may know your first name — do they know your telephone number? address? or even your full name?

Take care, carry some identity, if you don't wish to carry it, mark it on your SARRC shoe tag.

Remember accidents will occur!



SOUTH AUSTRALIA

RUNNING

A journal of the

**SOUTH
AUSTRALIAN
ROAD
RUNNERS
CLUB**



No. 22 JAN/FEB/MARCH, 1988

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S.A.R.R.C. Board Members: Marilyn Davis (President), Kevin Lynch (Vice President), David Stableford (Secretary), Geoff Davis (Treasurer), Dianne Dutton, David O'Donnell, Grace Fielden, John Auld, Madeleine Woolley, Fay Nichols.

General Manager: Des Foster

Office Manager: Elizabeth Fricker

Clerical Assistant: Maryann Scopelliti

Office Volunteers: Sue Buxton, Di Dutton, Grace Fielden

Sunday: Ellen and Henry Sinnott.

OFFICE NEWS ••••• OFFICE NEWS

The office has decided to write a regular column in the Journal, keeping all members up to date with our news.

The office was pleased when the **Toyota Festival City Marathon** and **Toyota Greenbelt Half Marathon** entry forms were distributed with the last issue of Footnotes.

We are delighted to continue the association with Toyota, which began with the Toyota Camry Classic last year, and we are sure that both the Half Marathon and the 10th Anniversary of the Festival City Marathon will be the most successful yet!

The **Second Kangaroo Island Half Marathon** is to be held on the June long weekend. The office will be handling all the bookings this year and will be assisting in the organisation of the run. Don't miss out on a great weekend, book early at the office!

Additional nights of accommodation are available together with three tours.

You will find in this issue of your Journal the new **Smith and Weston Discount Card**. Smith and Weston are again sponsoring the Club in 1988. So to get 25% discount on your sporting goods, call into the Smith and Weston Sports Store, 5 Grenfell Street, Adelaide.

The office has just organised an **Information Pamphlet** on the Club. It will be used to reply to any enquiries received by the office. Also it will be used to promote the Club at other sporting functions. Smith and Weston are sponsoring this publication, and should

you have any friends wishing more information on the Club, please call and collect one of these new pamphlets.

The **Training Forums** for 1988 have begun, don't miss out on an excellent, (and very cheap) way to improve your training whether it be for 10km runs or for the Marathon, watch for further details on forthcoming speakers. The dates and subjects for the forums are in the Events Calendar at the back of this Journal.

The office will be placing orders in the next few weeks for a new **Club Singlet**. We anticipate it will be ready for purchase by the end of April. The Singlet will be placed on display both at the office and on Sundays at North Adelaide.

The **Marathon Souvenir Outfit**, singlet and running shorts will also be available late April. Don't miss out on this great outfit, place your order with your Marathon Entry!

We are also busy organising a new **Car Sticker**. We anticipate these will be sent to all members, with the next edition of Footnotes. Costs to non members, or for additional stickers will be 50¢.

If any member wishes to become more involved with the Club, assisting on race days, becoming a member of the "Stuffing Party" or being a regular volunteer in the office, please contact one of the office staff.

If anyone has noticed the new "thing on the wall", the office has installed a 'fax machine'. This will ensure the office becomes more efficient and will save costs when needing to send documents urgently. Our fax number is (08) 211 7115.



REPORT ON AGM

The Eighth Annual General Meeting of the South Australian Road Runners Club was held on Wednesday February 10th at the YMCA.

35 members attended the meeting and the following were elected as Board members for the ensuing two years.

Marilyn Davis - President
David Stableford - Secretary
Fay Nichols
Grace Fielden
Madeleine Woolley

The two motions which had been proposed were both accepted by the meeting, they were,

'That Clause 7 (c) of the Constitution be altered by deleting the words and figures "six (6)" and be inserting in their place the words and figures "eight (8)".'

'As soon as possible after this meeting the Board shall appoint two members to fill the two additional positions, initially one of whom shall hold office for one year and the other for two years'.

The points raised by members at the meeting in General Business will be pursued by the Board.

PRESIDENT'S REPORT

The past year has been one of quiet growth and consolidation after a very busy Jubilee Year.

1987 began with completely new staff in the office, Des Foster, General Manager, Elizabeth Fricker, Office Manager, and Maryann Scopelliti, Clerical Assistant.

In 1987 the Club staged several more events and attracted more sponsors. Sponsorship has been very hard to attract, however the Club has had more sponsors giving smaller amount of funds.

The new events held in 1987 were very successful, and included the Toyota Camry Classic, Kangaroo Island Half Marathon, Grand Prix Fun Run and the West End Airport Fun Run. With the introduction of new events, the quality of the regular events has been maintained.

The profile of the Club has been raised within South Australia, with Des Foster's regular weekly segments of 5DN, and a sponsored advertising campaign on 5DN, advertising forthcoming events, start running forums etc.

I would like to thank all the volunteers who so generously gave their time in the past year, the members of the Board, who have worked very hard and have supported me in the last year, Sub Committee members, who have helped plan and stage many of the Clubs functions and events. In particular I would like to mention the Training and Education Committee who organised a 'first' Start Running Class at the Yatala Prison, the Sunday Committee, for planning the excellent Mystery Runs, the

race and event volunteers who assisted in the staging of all our events held in the past year, and I would like to thank Ellen and Henry Sinnott who have opened 'shop' at Sunday every week and have worked so tirelessly for the Club in the past year.

The Club has produced some excellent publications in the past year, four copies of the Journal 'SA Running' and four copies of Footnotes.

The Social event of the year was certainly the Runners Party. Chris Acton and his helpers arranged a most successful evening and all members and marathon runners (including the overseas and interstate entrants) who attended, certainly enjoyed the Show!

As I mentioned earlier, 1987 has been a difficult year after the high in the Jubilee Year. It has meant that the Club has had to do some 'belt tightening' to achieve the small loss reflected in the Balance Sheet, particularly as there has been a fall in the monies received from entries and sponsorship.

The new office systems established have helped to improve efficiency and assisted in the monitoring of the cash flow throughout the past year.

Several members of the Club have competed overseas with assistance from the Club:-

TRUDY FENTON represented Australia in the World Cup Marathon in Seoul in April 1987.

JENNY BONNETT competed in the World Ironman Championship in Hawaii, October 1987.

DES FOSTER represented the Club in the Penang Marathon in September 1987.

The office has worked very hard in the past year to provide an excellent service to all of the Clubs members. I would like to thank the three staff members for their excellent work in the past year and all the volunteers who have assisted the office.

In particular Des Foster, has worked with much energy and enthusiasm to ensure that the Club events staged have been a success, and raised the profile of the Club. Elizabeth Fricker has established new systems in the office which has resulted in the office being more efficient and running smoothly.

Maryann Scopelliti has handled enquiries from members in a quiet and efficient manner.

I would also like to thank the three volunteers who come in and assist the office on regular weekly basis, Di Dutton, Grace Fielden and Sue Buxton and the volunteers who form the "stuffing" team for any mailing that members receive. Tina and John Dillon, Ellen and Henry Sinnott, Cheryl Oliphant, Sue and Terry Buxton, Grace Fielden and Di Dutton.

In closing I would like to thank the members of S.A.R.R.C. and the sponsors both of whom have supported the Club in 1987 and I wish all members well in 1988.

MARILYN DAVIS
President

SARRC INC TREASURERS REPORT YEAR ENDED 30th SEPT, 1987

As the result for the year indicates, 1987 has been a most difficult year.

However your club has emerged from that year financially strong with members funds totalling \$46,215, a strong vigorous management and office team well equipped to meet the challenges of the 1988 year.

After the heady days of 1986, the peaking of the running fashion in Australia, mass participation in road running dropped alarmingly. Membership also dropped significantly from 2605 in 1986 to 1636 in 1987.

Furthermore, we suffered as a result of "sponsorship hangover". In 1986 the business community over spent and poured enormous money into the sesquicentenary celebrations in South Australia. We were fortunate to receive Foodland's \$20,000 sponsorship of our Festival City Marathon. Perhaps with the thought of the Bi-Centenary coming up in 1988 the business community tightened its belt in respect of cash sponsorship. As a club we have had to adjust our approach to sponsorship, improve the professionalism of our marketing and embrace "sponsorship in kind". The support of Radio 5DN and Renniks together with our old standby's of Cleanaway and Piccadilly Natural Springs has meant that our operating costs have dropped dramatically.

The following table below highlights the fall in the revenue in all the events staged

by the club especially the Marathon and Half Marathon. This reduction in participation has flowed through to a dramatic fall in sales in T-Shirts and other merchandise.

The lack of sponsorship funds and reduction in entry numbers has meant that we have had to cut our cloth and adjust the size and style of events put on. I think we have done that well without a loss in quality. Costs of activities have fallen from \$125,000 to under \$50,000 - an enormous effort by the race directors, their committees and the office.

A couple of people for special mention are (a) Neville Snook as Marathon Race Director and the quiet, effective organiser and worker for most other SARRC events, and (b) Des Foster the General Manager - his sponsorship successes and his enthusiasm and hard work reflect in these significant savings.

The success of the year was curtailing of the runaway costs of the Journal and Footnotes whilst at the same time dramatically increasing the advertising revenue.

Revenue has increased from \$4,290 to \$10,017 whilst costs inclusive of postage have been reduced by \$15,831.

Elizabeth Fricker must be commended for her efforts and success in this area. She came close to realising her goal of a self funding Journal in the last issue. Your support in helping the Club find advertisers in our quality Journal is vital to

ensure the costs of membership are reduced.

Despite the lower participation in traditional Club events and a drying up of cash sponsorship, opportunities have presented themselves to the Club and have been grasped. Revenue from fees charged for organising various runs for entities such as the Grand Prix Board, Toyota and the Airport authorities amounted to \$13,583, a significant assistance in defraying the costs of the Club.

We have been able to hold salary costs which reflects the hard work of the office, the investment in better office technology such as a new computer and an electronic cash register in late 1986 and a great effort from our office volunteers.

Depreciation has increased over 1986 reflecting the ownership of the computer for a full year.

The Club is in a strong financial position with \$33,839 in the bank - on deposit on 30.9.87 and only \$9,745 in creditors to be paid.

The budget for 1988 indicates that there are excellent opportunities to return to a

surplus position. This will need continued participation in club activities, encouraging (coercing) all at Sunday morning becoming members and carefully watching our costs whilst maintaining a high standard of service.

The great financial support from the Department of Recreation and Sport unfortunately diminishes as we establish the Club. The grants are given as long as we develop and become self sufficient. The grant for the 1988 year is \$13,000 compared with \$26,000 for 1987.

It is sobering to think that it costs \$152,000 to \$130,000 per annum simply to open the Club doors.

In conclusion, I would like to thank Des Foster, Elizabeth Fricker and Maryann for their efforts and support throughout the year.

I move the adoption of the financial report for the year ended 30th September 1987.

GEOFF DAVIS, B.E.C., A.C.A.
Honorary Treasurer

S.A.R.R.C. — REDUCTION IN REVENUE

	1986	1987	Difference
adidas 10KM	7,684	3,997	3,687
GLENELG 15/30KM	4,255	2,571	1,684
HALF MARATHON	17,923	4,146	13,777
MARATHON FEES	53,621	26,672	26,949
SALES/MERCHANDISE	44,905	17,537	27,368
WOMENS 10KM CLASSIC	4,060	3,514	546
	<u>132,448</u>	<u>58,437</u>	<u>74,011</u>
CASH SPONSORSHIP	64,527	6,146	58,381
	<u>196,975</u>	<u>64,583</u>	<u>132,392</u>
COST OF RACES AND ACTIVITIES	<u>125,443</u>	<u>49,134</u>	<u>(76,309)</u>
MEMBERSHIP SUBS	<u>35,273</u>	<u>28,115</u>	<u>7,158</u>

**1986/1987 FINANCIAL REPORT
BALANCE SHEET 30 SEPTEMBER 1987**

	1987	1986
Members Funds		
Opening balances	49,110	21,642
Net profit/(loss) for year	(2,895)	27,468
Total members funds	<u>46,215</u>	<u>49,110</u>
Fixed assets		
Plant and equipment at cost	24,789	21,934
Less: accumulated depreciation	10,087	5,425
	<u>14,702</u>	<u>16,509</u>
Current Assets		
Cash at bank and on deposit	33,839	74,731
Petty cash and cash on hand	500	500
Stocks on hand	4,983	2,964
Receivables and prepayments	13,474	750
	<u>52,796</u>	<u>78,945</u>
TOTAL ASSETS	<u>67,498</u>	<u>95,454</u>
Less: Current Liabilities		
Trade creditors and accruals	9,745	29,857
Fees, grants and income received in advance	11,538	16,487
	<u>21,283</u>	<u>46,344</u>
NET ASSETS	<u>\$46,215</u>	<u>\$49,110</u>

**PROFIT AND LOSS ACCOUNT
YEAR ENDED 30 SEPTEMBER 1987**

	1987	1986
	\$	\$
Income from sales, entry fees and sponsorship	80,281	214,653
Less: Cost of Sales		
Opening stock	2,964	3,300
Purchases	19,523	36,262
	<u>22,487</u>	<u>39,562</u>
Closing stock	4,983	2,964
	<u>17,504</u>	<u>36,598</u>
Cost of races and activities		
Administration	2,377	15,170
Advertising and promotion	2,008	23,480
Aims membership	1,190	960
Awards and prizes	7,642	13,592
Course expenses	6,538	12,383
Elite runner expenses	612	-
Printing	5,998	9,692
Finish area	5,265	13,568
	<u>49,134</u>	<u>125,443</u>
GROSS PROFIT	<u>\$31,147</u>	<u>\$89,210</u>
Add: other income		
Membership subscriptions	28,115	35,273
Administration grant	26,500	24,050
Advertising journal and footnotes income	10,017	4,290
Interest	8,397	6,072
Sponsorship	3,287	-
Contracted runs	13,583	-
Sundry income	1,185	222
TOTAL CONTRIBUTIONS	<u>\$122,231</u>	<u>\$159,117</u>

Less: Expenses

Advertising	1,880	812
Bank charges	293	518
Credit card commissions	738	1,565
Committees and board expenses	1,146	862
Computer	2,732	2,155
Courier	920	-
Depreciation	4,661	2,828
Donations	1,000	1,147
Equipment	1,297	284
General expenses	3,681	3,107
Insurance	2,587	2,534
Journal and footnotes costs including postage	15,100	30,931
Motor vehicle expenses	2,582	-
Membership expenses	1,026	1,000
Office equipment	368	-
Photocopying and printing	3,255	1,530
Postages	3,098	1,734
Rent	7,208	4,356
Salaries and wages	62,109	70,830
Stationery	4,158	1,252
Superannuation	701	-
Telephone	1,318	2,610
Training and education	1,192	1,531
Travelling expenses	2,076	-
	<u>125,126</u>	<u>131,649</u>
NET PROFIT/(LOSS)	<u>\$(2,895)</u>	<u>\$27,468</u>

Notes to and forming part of the Accounts

1. Membership fees and grants are brought to account in the year to which they apply. Fees and other income received in advance are carried forward as current liabilities.
2. Depreciation is written off on the straight line basis over the expected useful life of the assets.

RETIRING BOARD MEMBERS

One of the great strengths of our Club is the diversity of talents of the people who dedicate much of their "spare time" to Board activities. Given the sheer size of the Club, perhaps we should expect good candidates. It is probably more indicative though, to look at the quality of members a Club like ours attracts; well-intentioned, healthy, motivated positive thinkers - running seems to produce committed energetic people.

When three people of the calibre of Chris Acton, Jayne Taylor and Neville Snook decide for various reasons to "take a breather", it is undoubtedly a measure of their exceptional contributions that we may be confident that the Board will continue on a strong and stable course.

CHRIS ACTON joined SARRC shortly after it was formed, "just to get fit". He heard Bruce Abrahams say one long ago Sunday morning to the assembled group, "all marathon people follow me". Chris didn't really know what a marathon was and certainly not how far, but it sounded interesting! They ran about 16k, and Chris thought, "well if I can run this far, a marathon wouldn't be all that tough!". SARRC was indeed fortunate, for Chris is and always has been a "let me know if you need a hand" person. That generous attitude found him elected Vice President of the Board within 18 months of joining the Club and it is from that position he retires after 6 years.

Chris has been involved in a major way in every activity of the Club. We all know his easy and relaxed style as an MC, notably at Carbo Parties, and as 'official starter' for runs. His marketing expertise has made him a valuable adviser to many committees, and he has been a skilled driving force behind fund raising activities. At various times, as the need arose, he has been assistant race director, press liaison person, sponsor-getting ... you name it and Chris has done it. And he's even managed to take at least one start-running class every year since becoming one of the Club's first instructors. Leaving the Board will just put a slightly different emphasis on the way he supports the Club for which he has so much time and admiration. Thanks a million Chris ... see you Sunday!

NEVILLE SNOOK got involved in the 'engine-room' of the Club when he decided to vigorously oppose the

proposed segregated start for the '85 Marathon. Neville stood up to be counted and the Board was fortunate to gain a member who had strong convictions and matching energy.

In 1986 Neville worked with Warren Featherby as Assistant Race Director for the Jubilee marathon, and with that monumental task completed, continued quietly achieving through difficult times as the Board contended with two changes of General Manager. Neville then took on the enormous job of Race Director for the 1987 marathon in a 'let down' year after the Jubilee and his tireless work was rewarded by a very successful event.

Nev has the happy knack of attracting helpers by example and an appetite for work that is infectious. He is well-known for his dry wit, disarming innocence (?!), and helpful nature but it is probably his altitude which made him 'famous' in Penang; he featured on the front page of the morning newspaper as the tallest entrant in the marathon.

Thanks Neville ... you really have been a tall help!

JAYNE TAYLOR joined the Club in 1984 with that familiar desire to get fitter. A short year later saw her Co-Race Director of the Inaugural Women's Fun Run, enjoying great support as well as lots of fun. As Jayne's commitment grew the Club began to benefit from her remarkable organizational skills, clear thinking and good sense as she began setting up sophisticated office systems for the Club's fledgling headquarters at Sturt Street.

In 1985 Jayne was elected Secretary to the Board and member of the Executive group. Her personnel skills played a great part in staff selection and in refining the efficient office systems which the Club now has.

Jayne also initiated and streamlined the little acknowledged but critically important procedures which help to keep committees and sub-committees efficient, and sane.

One of Jayne's competing interests now is an increasing commitment in the federal political arena. Even though we'll see Jayne less frequently, we will continue to benefit from her influence.

Thanks Jayne ... the Club certainly needed the handiwork of a 'Taylor' like you!

NEW BOARD MEMBERS

We are delighted to welcome onto the SARRC Board Di Dutton, Grace Fielden and Madeleine Woolley.

All three women have several points in common which we believe will make them strong Board members.

- ★ The interests of our Club and members are always uppermost in their minds.
- ★ Because of their running background, they have empathy for our members and their needs.
- ★ They each have spent many hours in a volunteer capacity in various areas of our Club's operations.
- ★ They have the necessary decision making skills which is all important in successfully managing the business of our Club.

DI DUTTON

Di was appointed to fill the vacancy left by Chris Acton's resignation and will complete her term in February 1989.

Di, married to Chris (of Dutton Toyota, Murray Bridge fame and more recently appointed as Race Director of the TOYOTA GREENBELT HALF MARATHON) and they have three children, David (21), Alison (19), and Anthony (15).

Di joined our Club late 1983 and ran her first Festival City Marathon in 1984. She has volunteered in many capacities since then and is currently a member of the Social/Fund Raising and Toyota Greenbelt Half Marathon Sub-

Committees as well as spending at least one day a week assisting in the office and on race days.

GRACE FIELDEN

Grace, with her effervescent and bubbly personality certainly livens up proceedings whenever she is around and has the ability to make people feel at ease and part of the scene.

She commenced running some two and a half years ago and has been a member of our Club since and along with husband Trevor, spends a lot of time in volunteer capacities, including regular visits to the office on Thursdays.

Grace is a Magpie supporter and has two children, Mark (23) and Carol (21).

MADELEINE WOOLLEY

Madeleine has been a member and a strong supporter of our Club since she embarked on a running career (part-time - watch out Ingrid) in 1984.

She was one of the initiators in setting up the International Womens Day Fun Run in 1984, a member of the Womens 10km Classic Committee in 1986 and been instrumental in putting together some excellent Training Forums during the past three years.

Madeleine's interpersonal and management skills will certainly be an asset to our Club management team during her two year term in office.

To our three new Board Members a warm welcome to the team.





FOOTNOTES

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

AUSTRALIA'S LARGEST RUNNERS CLUB

NEWSLETTER No. 43

Registered by Australia Post
Publication No. SBH0729

APRIL 1988

FREE THEATRE PASS

● MAY ONLY ●

For the month of May, any member of the Club introducing a new member to S.A.R.R.C. will receive a COMPLIMENTARY THEATRE PASS!!

If you have a running partner or friend who has yet to join, introduce them to the Club!

To ensure you receive the Theatre Pass, print your name and address and membership number on the membership application and we will send you the pass.

Many runners are not members of the Club and are not familiar with the benefits given to S.A.R.R.C. members.

- * Reduced Entry Fees in all SARRC Events.
- * Smith & Weston Sports Store Discount Card.
- * Complimentary Booklets. The Adelaide Plan and the Training Calendar.
- * The Club Journal 'S.A. Running'.

from the Adelaide 5km Road Race for Women. The special sale price is \$5.00.

Please note they are only available at the office, 1 Sturt Street, Adelaide.

CHANGE OF ADDRESS

If you change address, telephone number or work telephone number, please advise the office of the change.

SARRC DIARY REMINDERS

May 23	Training Forum
	Topic: Psychology of Running
June 12	Kangaroo Island 4km/10km/Half Marathon
June 19	Speedy Muffler 10km/25km
July 10	5DN/Renniks Glenelg 15/30
July 18	Training Forum
	Topic: 'Don't Blow It Now!'
August 12	Runners Party
August 14	Toyota Festival City Marathon

QANTAS MUSCLE TEAM

Are you running in the Toyota Festival City Marathon this year? By gaining sponsorship for your run from friends and workmates you could win a trip to run in the 1989 London Marathon and at the same time help in the fight against Muscular Dystrophy. Watch out for the registration form for the 'Qantas Muscle Team' in the next edition of the Journal 'S.A. Running'.

10TH ANNIVERSARY

1988 will see the Festival City Marathon have it's 10th Anniversary.

15 runners have finished in the last nine and after finishing their tenth, will be honoured at the Presentation Ceremony.

John Murfitt	Ross Martin	Leonard Freeth
Peter Worley	John Bannon	David Groat
Allan Fox	Bruce Abrahams	Barry McDermott
Ian Hill	Terry Boswell	Peter Slagter
Ken Graham	Terry Buxton	John Auld

We do hope all of the fifteen will finish and wish them well with their training!

MARATHON MERCHANDISE

The office and Sundays at North Adelaide have samples of the Special Souvenir Running Outfit. Orders can be taken either with your entry for the Toyota Festival City Marathon or you can order it separately.

The Club has also planned for some special 10th Anniversary Merchandise.

- * A strictly limited edition Tankard.
- * A Finishers Singlet.
- * Souvenir Windcheaters, short or long sleeves.
- * Souvenir Tyvek Jacket.

These special souvenirs can only be ordered by MAIL ORDER. The brochure detailing information on this "special" merchandise is included in this posting of Footnotes.

SUNDAY FACILITIES

The facilities at North Adelaide on Sunday are currently being renovated.

At present the renovations have caused the closure of the men's showers which has been inconvenient to our runner's particularly at this time of the year!

The office has now been able to secure alternative showers at the Institute for Fitness Research and Training Incorporated, Ground Floor, 64 Mackinnon Parade, North Adelaide.

We do apologise for the inconvenience which has occurred to our members.

SARRC LOTTERY

The Club will be launching the Lottery on May 1st, 1988 at the Toyota Greenbelt Half Marathon. We have included in this posting of Footnotes a ticket for the Lottery.

Prizes for the Lottery are:

- 1st Prize: Return Cathay Pacific Airfare for two to Hong Kong
- 2nd Prize: Return trip for two to Kangaroo Island Courtesy of Lloyd and Wisteria Lodge
- 3rd Prize: Greyhound Coach trip for two to Melbourne
- 4th Prize: Breakfast in Bed Weekend for two Courtesy of Hilton International Adelaide

- 5th-9th Prizes: Breville Travelmates
- 10th Prize: 2 Dozen Penfolds Wines

The cost for a ticket is \$5.00.

We do hope you will either buy or sell the lottery ticket as the money raised will assist your Club!

RUNNERS HIGH ... RUNNERS HIGH ... RUNNERS HIGH

The best way to experience "runners high" is to run the Snowy Mountains. Come to Thredbo in January, you'll discover some of the most challenging and picturesque running country in Australia. Bring the family, there's lots to do for all ages ... tennis, golf, volleyball, canoeing, fishing, wombat safaris, bushwalking or you can just laze next to the pond on the village green and feed the ducks! The air is clean and fresh, the company great.

COME TO THREDBO AND GET HIGH!!

If you are interested call into the office or see Ellen on Sunday morning or ring Chris Romanowicz on 264 0888 (A/H) or Heather Sody on 31 8498.

CLUB MERCHANDISE

The CLUB SINGLET IS NOW AVAILABLE. It can be purchased from either the office, 1 Sturt Street, Adelaide or Sunday mornings at North Adelaide.

It's a top quality running singlet costing only \$14.00.

The office has a few singlets and T-shirts remaining

SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 23
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Assisted by the South Australian
Department of Recreation and Sport

OFFICE NEWS.....OFFICE NEWS

The office was delighted with the recent Toyota Greenbelt Half Marathon. Results, Race Report and Photographs are in this issue. Brad Camp the winner of the event has been the 3rd athlete chosen in the team for Seoul!

The office is very busy arranging all the activities for the Toyota Festival City Marathon. Enclosed in this issue is a volunteer form for the Marathon. If you are not running but wish to be involved please fill in the form and return it to the office. We will need course marshalls, drink station attendants, people to assist in the setting up of the areas, and the pulling down of the areas.

We are delighted with the entries for the Marathon, we have already received several entries from overseas!

If you haven't ordered your special 10th Anniversary Festival City Marathon merchandise or bought your Runners Party ticket please remember they are only available by MAIL ORDERS or you can fill in a form at the office.

The Club lottery tickets were sent to all members with the last issue of Footnotes, if you haven't yet sold or bought one, please do! Additional tickets are available from the office or Sundays.

Also when returning your ticket, please return the portion with the name and address!!

The Training Forums have been most successful to date, with many of our members taking advantage of the excellent speakers. The next forum will be held on June 20, with a panel of speakers, including a doctor, podiatrist and

physiotherapist. Remember to note the date in your diary!!

Several members of the Club competed in the London Marathon last month with Candi Charles and Paul Mensforth doing P.B.'s. The members and their times were:-

CANDI CHARLES	3.00.45
PAUL MENSFORTH	3.44.00
NEVILLE SNOOK	3.45.00
JOHN HARNETT	3.11.00
BARBARA HAYWOOD	4.35.00
ROB FREAK	3.18.00

If anyone is interested in competing in London next year, the office is intending to organise a tour with Malaysian Airlines. The date for 1989 is April 23.

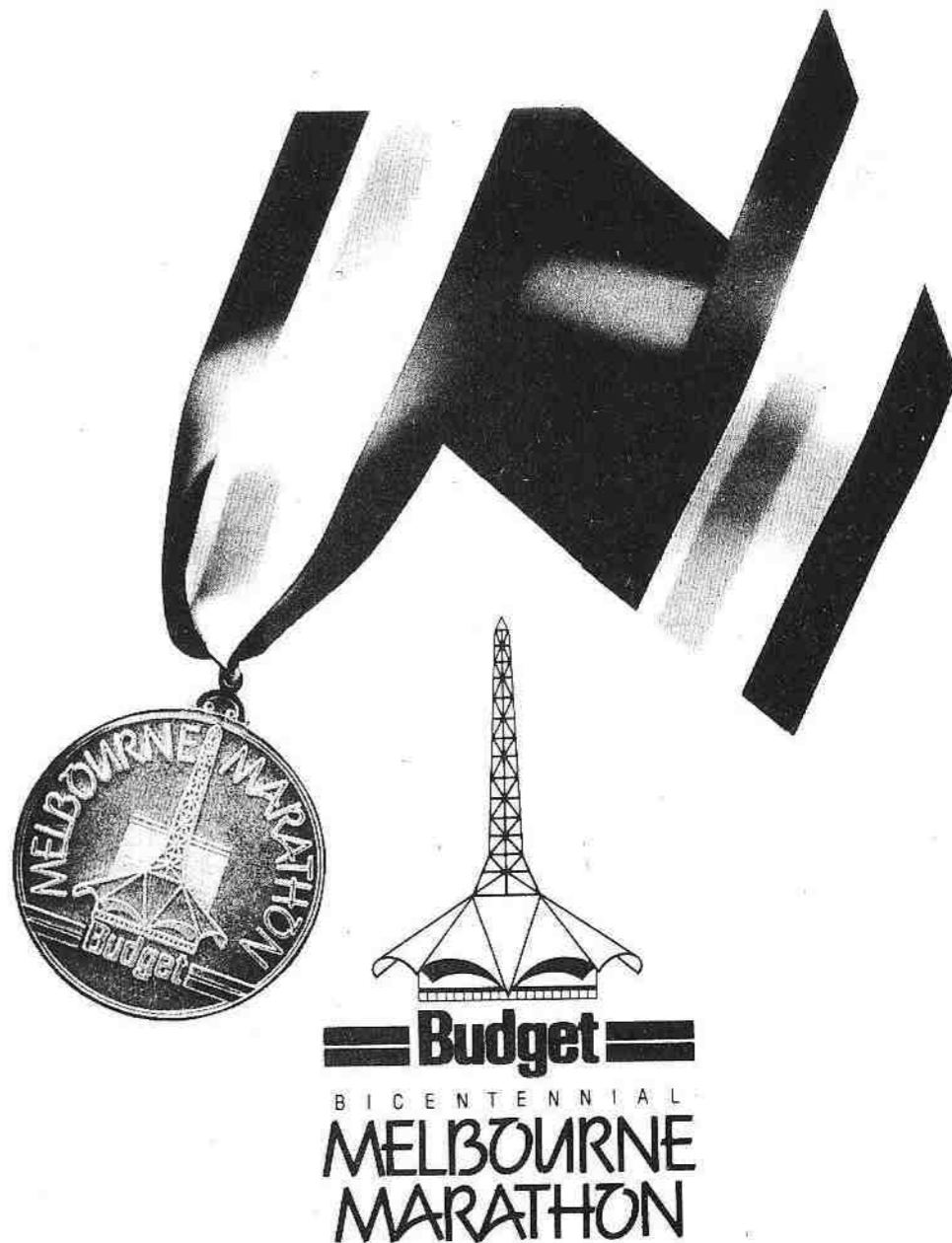
The Toyora Half Marathon Race Results have been posted to all entrants. The office receives many calls about results for each event. It is important to note that it takes approximately three weeks for the results to be processed on the computer, checked, re-checked and then printed.

We would appreciate that entrants wait for several weeks before contacting the office.

The office is in the middle of organising a coach tour to the Budget Melbourne Marathon. If you are interested please contact the office and register your interest. Also the Budget Melbourne Marathon entry forms are now available from the office or on Sundays at North Adelaide.

This year we would like to field a team in the Corporate Cup. Anyone wishing to be a member of the S.A.R.R.C. team please contact the office.

OFFICE STAFF



Australia's largest marathon over the Olympic distance of 42.195 kms including V.A.A. Victorian Marathon Championship

\$7000 Mayne Nickless Computer Services/Cabot Stains Participation Awards

1st Male (Australian Resident)—Trip to compete in 1989

Sister Marathon Lake Kawaguchi Nikkan Sports

Marathon—courtesy of QANTAS

1st Female (Australian Resident)—Trip to compete in the 1989 Osaka Ladies Marathon.

Hurry! Entries Close September 12, 1988

Entry forms are available from all Budget offices, Mobil Service Stations or Budget Melbourne Marathon, Olympic Park, Swan Street, Melbourne, Victoria 3002.

Frankston to Melbourne October 9, 1988. Starts 8.00 a.m. Free train travel Melbourne—Frankston race morning for all entrants courtesy of The Met.

Special Random Prize

Trip for two to MAS International Marathon, Penang, 1989. Drawn at random at Family Fiesta, race day, from all finishers.

Special Early Entry prize

Australian Airlines trip to Sydney for 2. adidas weekly prizes. Numerous prizes, individual and team awards.

The adidas Robert de Castella training notes

Available free with your entry form. A comprehensive training programme for first-time and advanced runners. City of Frankston Gold Medallions awarded to all finishers within the 6-hour time limit, plus Certificate, "I finished" Woven Badge and Official Results Booklet. Course Records Men: Bill Rodgers, U.S.A. Time 2:11:08. Women: Tani Ruckle, Australia. Time 2:36:06.



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MAYNE NICKLESS COMPUTER SERVICES

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3MP

Travelodge

Official Organiser Melbourne Marathon Inc

Dr. RUNNAMUK

Dear Doctor,

I have noticed many runners carry black jellybeans with them on long runs. Why is this?

Curious.

Dear Curious,

The energy required for exercise is mobilized from the body's store of carbohydrate (glycogen) in the liver and muscles and the fatty acids in the blood. All carbohydrates are metabolised into glucose.

The availability of glycogen is the limiting factor in endurance competition. When supplies are exhausted the athlete can no longer perform.

Some athletes e.g. Rob De Castella imbibe dilute glucose drinks during a race in an attempt to prolong depletion of glycogen and enhance endurance performance. Glucose jellybeans taken in conjunction with water are used for the same purpose by some long distance runners who find that a more practical alternative whilst training. Taking large amounts of simple sugars is not recommended for this may cause a surge in the release of insulin and subsequent hypoglycaemia.

Black jellybeans are generally used to show that one is not racist. White ones however, should be used at night to avoid eating your fingers.

Dr. Runnamuk

Dear Doctor,

Do I need extra vitamins for extra vitality? Will they make me more active?

PILL POPPER

Dear Pillpopper,

Aphrodisiacs exist in the mind only. With a nutritionally adequate diet based on a wide selection of food, and an increase in the level of exercise most people will improve in their physical capacities until they reach a genetically predetermined level. Substantial evidence exists that those who avoid excessive intakes of alcohol, fat, cholesterol, sugar, salt and highly refined foods lacking in fibre, can maintain better health and may reduce their risk of developing chronic diseases.

Vitamin and mineral supplements are

not necessary in most cases as only small amounts of nutrients are needed for optimum health. Amounts in excess of requirements are wasted and indeed may even be harmful.

Doctor Runnamuk

Dear Doctor,

I keep having this reoccurring dream. I am in the middle of running a marathon when I notice that the shapely blonde in front of me is having trouble keeping her shorts on. I don't know what to do if this happens in real life.

Excited.

Dear Excited,

You could offer to run behind her for the next 21kms, lending a hand where needed.

You could offer to exchange shorts in the next patch of shrubbery.

But be careful she could be a decoy for her husband who is trying to pass you!!

Doctor Runnamuk

Dear Doctor,

Do runners get to be older?

LONGEVITY

Dear Longevity,

Yes, only sooner.

Doctor Runnamuk

LETTERS ● LETTERS ● LETTERS ● LETTERS

Dear Organisers,

Just a short but long overdue note of thanks for all the support you gave David, myself and the crew during his quest for sponsorship for Westfield 1988.

The sponsorship you obtained for us - SUPER K, NABISCO and the airline tickets for our crew member, was highly appreciated.

As you know David will not be putting his running shoes away for many years yet and any further support you may be able to give us will be greatly appreciated. His next challenges are the Adelaide-Victor 10kms and the Colac Six Day Race and sponsorship will help us greatly to help him achieve his goals.

We have written a letter of thanks to Super K for their support and hopefully will obtain their support again next year. Our next requests for sponsorship will be with the fuel companies as that seems to be a large expense for all the races, Adelaide is too far away from some of the starting lines!

Once again thank you for your time and support.

CHERYL STANDEVEN
Club Member

Dear Organisers,

Please allow me to commit to paper my congratulations on the wonderful success of the Toyota Greenbelt Half Marathon of the 1st May.

The exceptional fore-thoughts, competent planning and obvious administrative skills ensured the event was such an absolutely enjoyable experience. Great credit is reflected on you and your staff.

The course was superb, embracing as it did some of the most beautiful parts of Adelaide.

What a magnificent effort Toyota have put in, not only to the Road Runners, but to the wonderful events to which they have loaned the prestige of their name, and their practical support.

Those of us who have the pleasure of participating in these events owe many debts of gratitude, especially to your office staff, and all those wonderful

volunteers who man the route at strategic points, guiding and encouraging. And it would be completely remiss not to mention the role of the police, without whose benevolent assistance such events could not be held in the form they are.

With best wishes.

DR. REECE JENNINGS

Dear Organisers,

Since my family and I started running last December we have received nothing but encouragement from all those we have encountered. You will be pleased to know that beyond your efficient central operation your rank and file do great ambassadorial work in making the newcomer feel welcome.

We have been particularly impressed with the emphasis given to family participation. Another sport in which we participate has priced itself out of our reach (e.g. 5 entry fees = \$125.00) and it is really refreshing to find a sport where the whole family can play for so little.

BRANDON SAUNDERS
Club Member

To all involved in staging the 10th Festival City Marathon,

I would like to take the opportunity, as I prepare for my third Festival City Marathon, to wish you all good fortune in staging this year's run.

It is truly a "FRIENDLY MARATHON" great organisation, great workers, great spectators. A little encouragement sure works wonders on weary muscles!! Especially a 54 year old.

All the best to all concerned.

LEO WATKINS

Dear Organisers,

I would like to thank you all for organising the adidas 10km run, it was a great run.

I would like to thank Elizabeth, Maryann and our General Manager, Des Foster for their great work in organising the run.

HOWARD WILLIAMS
Club Member

CALENDAR OF EVENTS

JUNE

- (SUN) 12 Kangaroo Island 4km/10km/Half Marathon
Contact: S.A.R.R.C. 213 0615
- (SUN) 12 Sri Chinmoy (10km). Contact: Sipra Lloyd 362 9735 (A/h)
- (SUN) 12 State Marathon Title. Contact: AASA 332 8022
- (SUN) 12 Finke D.R. 6km Fun Run.
Contact: Noel Harris Alice Springs (089) 52 3491
- (SAT) 18 10km Series - Memorial Club 7.00 a.m.
Contact: Noel Harris Alice Springs (089) 52 3491
- (SUN) 19 Speedy Muffler 10km/25km. Contact: S.A.R.R.C. 213 0615
- (MON) 20 S.A.R.R.C. Training Forum. Topic: Sports Injury
- (SUN) 26 State 10km Road Championship. Contact: AASA 332 8022
- (SUN) 26 Womens 4km Fun Run - Anzac Oval 9.00 a.m.
Contact: Noel Harris Alice Springs (089) 52 3491

JULY

- (SUN) 3 Sri Chinmoy (10km) Contact: Sipra Lloyd 362 9735 (A/h)
- (SUN) 3 Pichi Richi Half Marathon and Marathon
Contact: (086) 42 3108
- (SUN) 3 * Chiropractic Fun Run. Contact: People In Motion
- (SUN) 10 5DN/Renniks Glenelg 15/30km. Contact: S.A.R.R.C. 213 0615
- (SUN) 10 AAU Cross Country. Contact: AASA 332 8022
- (SUN) 10 Base to Town Run - Space Base Gates 26/5km - 9.00 a.m.
Contact: Noel Harris Alice Springs (089) 52 3491
- (SUN) 17 Loxton 10km/Half Marathon
- (MON) 18 S.A.R.R.C. Training Forum
Topic: "Don't Blow It Now!" panel of experienced marathon runners
- (SAT) 23 10km Series - Memorial Club - 7.00 a.m.
Contact: Noel Harris Alice Springs (089) 52 3491
- (SUN) 24 Adelaide Harriers 10km. Contact: AASA 332 8022
- (SUN) 24 Whyalla Marathon. Contact: John Alderdice 45 8711 Ext. 539

AUGUST

- (SUN) 7 Tour of Gawler
- (SUN) 7 Naracoorte Half Marathon
- (SUN) 7 Ghan Challenge 5km Fun Run - Ghan Reserve, 11.00 a.m.
Contact: Noel Harris Alice Springs (089) 52 3491
- (SUN) 14 Toyota Festival City Marathon. Contact: S.A.R.R.C. 213 0615
- (SUN) 14 Alice Springs Marathon - Araluen, 6.00 a.m.
Contact: Noel Harris Alice Springs (089) 52 3491
- (SAT) 27 10km Series Final - Memorial Club, 7.00 a.m.
Contact: Noel Harris Alice Springs (089) 52 3491
- (SUN) 28 Colonnades Fun Run. Contact: AASA 332 8022
- (SUN) 28 * River Torrens Discovery Run. Contact: People In Motion
- (SUN) 28 Gawler Show 10km
- (MON) 29 S.A.R.R.C. Training Forum
Topic: Planning 10km Training and Racing

SEPTEMBER

- (SUN) 4 Cleanaway Run. Contact: S.A.R.R.C. 213 0615
- (SUN) 18 City-Bay Fun Run. Contact: AASA 332 8022
- (SUN) 18 Anzac Hill Kids Run 1km - opposite Kittles Car Yard, 9.00 a.m.
Contact: Noel Harris Alice Springs (089) 52 3491
- (SUN) 25 Peterborough Half Marathon
- (SUN) 25 Golf Course Fun Run 5km - Sheraton, 7.00 a.m.
Contact: Noel Harris Alice Springs (089) 52 3491

CALENDAR OF EVENTS

OCTOBER

- (MON) 3 S.A.R.R.C. Training Forum
Topic: Special Guest Speaker
- (SAT) 15-25 Masters Games Alice Springs
Contact: Noel Harris (089) 52 3491
- (SUN) 16 * Capita 10km. Contact: People In Motion
- (SUN) 23 West End Airport Fun Run 10km
Contact: S.A.R.R.C. 213 0615
- (SUN) 30 Caithness Fun Run. Contact: Chris Freeman 391 1507
- (SAT/SUN) 29-30 Sri Chinmoy 24 Hour
Contact: Sipra Lloyd 362 9735 (A/h)

NOVEMBER

- (SUN) 6 Encounter Bay Half Marathon
Contact: Encounter Bay Rotary Club
- (FRI) 11 S.A.R.R.C. Training Forum
Topic: Women 10km Guest Speakers
- TBA Betts & Betts/adidas Grand Prix Classic
Contact: S.A.R.R.C. 213 0615
- (SUN) 20 Standard Chartered Bank Womens 10km
Contact: S.A.R.R.C. 213 0615
- (SUN) 20 Summit to Suburbs
Contact: Brian Chapman, PO Box 19, Burnside
- (SUN) 27 Two Bridges Fun Run
Contact: M.B. HAS House Harriers, PO Box 201, Murray Bridge

DECEMBER

- (SUN) 4 Barossa 5km/10km
Contact: Barossa Valley Recreation Centre (085) 63 2766
- (SAT) 10 Xmas 3km Run - BBQ Town Pool, 6.00 p.m.
Contact: Noel Harris Alice Springs (089) 52 3491
- (SUN) 25 Two Jetties Fun Run

NOTE:

Several dates yet to be confirmed and other events to be notified.

* People In Motion, phone 273 4673 leave name/address for free mailing of entry forms.

OVERSEAS/INTERSTATE EVENTS

JULY

- (SUN) 24 * Gold Coast Marathon

AUGUST

- (SUN) 7 Perth Marathon
- (SUN) 13 Helsinki City Marathon

SEPTEMBER

- (SUN) 14 Penang Marathon

OCTOBER

- (SUN) 9 * Budget Melbourne Marathon
- (SUN) 9 * Berlin Marathon

NOVEMBER

- (SUN) 6 New York Marathon

DECEMBER

- (SUN) 11 Honolulu Marathon

* ENTRY FORMS AVAILABLE FROM THE SARRC OFFICE



TOYOTA FESTIVAL CITY MARATHON



TOYOTA FESTIVAL CITY MARATHON

The 1988 Marathon is nearly upon us again, if you haven't entered yet, either drop into the office and register your application or send your entry to the office, 1 Sturt Street, Adelaide.

DON'T DELAY!!

Organising the Marathon is a mammoth and thankless task. One of the most difficult is to find course marshalls and willing workers to help set up and pull down the start and finish areas. If you have decided that you are unable to run this years Marathon, please join the huge volunteer pool and help your Club stage the 10th Anniversary Marathon, which promises to be the best yet!

(Volunteer forms are available from the office or at Training at North Adelaide on Sunday mornings).

RUNNERS PARTY

OH WHAT A NIGHT!!!

The San Remo-West End Runners Party on Friday August 12, is for you and your family. Come along and hear one of the greatest runners, Herb Elliot, recall some of the highlights of his incredible career.

Meet the 'Perfect Ten', about to compete in their TENTH FESTIVAL CITY MARATHON!

It's an informal night so come along to the Latvian Hall, Wayville at 6.30pm, in your tracksuit or favourite running gear, and enjoy a superb Carbo meal from Noel Allan's Hackney Hotel!!!

If you haven't purchased your tickets for the Premier Social Event, buy yours today!!

Tickets are available by mail order or from the office.

10TH ANNIVERSARY MERCHANDISE

Celebrating it's Tenth Anniversary, the Marathon has some very "special" merchandise.

If you haven't ordered a Windcheater, a Tyvek Jacket or a Tankard **DON'T** leave it to the last minute!

Remember you don't have to be a Marathon entrant to purchase these 'special' items. If you haven't seen the special Tenth Anniversary design, drop into the office weekdays or ask at Sunday Training.

THE BEST YET?

Entries for the Marathon have been steadily arriving at the office.

We have been delighted with the entries to date, including last year's winner John Duck, 3 overseas and 130 interstate entries.

It is also pleasing to note that we have 160 first timers attempting the Marathon in it's tenth anniversary year.

THE PRESENTATION CEREMONY

The Presentation Ceremony for the Marathon will be held in the Drill Hall, Torrens Parade Ground at 12.30 p.m.



CHANGE OF ADDRESS

Please remember if you change your address, telephone number or work telephone number, to advise the office as soon as possible.

S.A.R.R.C. LOTTERY

The S.A.R.R.C. Lottery will be drawn at the Runners Party on August 12, 1988. If you have either bought or sold your ticket, please send the 'but' and money to the office TODAY!!

REMEMBER TO WIN IT YOU MUST BE IN IT!!

COME TO THREDBO

The IDEAL SUMMER HOLIDAY will again be held at Thredbo from Friday January 13th to January 23rd, 1989.

Application forms for the trip to Thredbo are enclosed with this issue of Footnotes.

DON'T FORGET TO BOOK EARLY ... NUMBERS ARE LIMITED!!! ...

BETTS & BETTS/ADIDAS GRAND PRIX CLASSIC

It's on again this year!!

The Grand Prix Classic will be held on Saturday November 12th, 1988 at 6.20 p.m. This year the 'Classic' will be held over one lap of the circuit.

Entry forms will be available in mid to late August.

CLUB MERCHANDISE

The Club has just taken delivery of new winter stock!!

Just arrived are the ever popular yellow windcheater with reflector tape and the white chinook.

They are now available at the office or at Club Training on Sunday at North Adelaide.

CHILD CARE FACILITIES

The Australian Association of Womens Sport and Recreation in association with the Club will be offering free child care on a 6 week trial basis, at Sunday Training at North Adelaide.

The Child Care facilities will commence on August 7, 1988, at the Institute for Fitness Research and Training in the Child Care Room.

The Child Care facilities will be staffed and funded by AAWSR during the following hours:

Sunday 7	August 1988	7.45am - 10.15am
Sunday 21	August 1988	7.45am - 10.00am
Sunday 28	August 1988	7.45am - 10.00am
Sunday 4	September 1988	7.45am - 10.00am
Sunday 11	September 1988	7.45am - 10.00am

On **Marathon day** Sunday August 14th, 1988 there will be Child Care facilities at the Institute from 7.00am - 10.30am.

Many runners have requested Child Care facilities and we do hope you will utilise the arrangements that have been made with the AAWSR.

RACE RESULTS

KANGAROO ISLAND HALF MARATHON

MALE			FEMALE		
1st	Warren Partland	1.06.48	1st	Heather Ashcroft	1.19.47
2nd	David Dowd	1.07.44	2nd	Jeannette Mase	1.24.18
3rd	Jim Mack	1.08.17	3rd	Clare Hennessy	1.24.25

KANGAROO ISLAND 10KM

MALE			FEMALE		
1st	Des Foster	40.43	1st	Lin Martin	52.04
2nd	Gary Bell	42.15	2nd	Lyn Lambert	54.23
3rd	Patrick Homan	43.36	3rd	Julie Bennett	1.00.48

SPEEDY MUFFLER 10KM

MALE			FEMALE		
1st	Mark Forbes	33.20	1st	Candi Charles	39.20
2nd	Wayne Tink	35.30	2nd	Mary Armata	40.00
3rd	Neville Huggard	35.53	3rd	Anna Quitadamo	41.35

MALE U18

1st	Andrew Scutter	38.12	1st	Megan Gardiner	45.50
2nd	Troy Ashby	39.03	2nd	Jane Biggs	49.04
3rd	Michael Walczak	39.58	3rd	—	

WHEELCHAIR		
1st	Mick McIntyre	
2nd	Michael Lowe	

SPEEDY MUFFLER 25KM

MALE			FEMALE		
1st	Tony McCool	1.26.51	1st	Sue Baker-Finch	1.40.48
2nd	Ian Hill	1.41.36	2nd	Trudy Fenton	1.41.36
3rd	Eli Melky	1.41.47	3rd	Clare Hennessy	1.41.47

GLENELG 15KM

MALE			FEMALE		
1st	Mike Nolan	50.31	1st	Candi Charles	1.01.57
2nd	Eli Melky	51.16	2nd	Angela Lancaster	1.03.56
3rd	Les King	51.47	3rd	Syliva Petrony	1.04.35

GLENELG 30KM

MALE			FEMALE		
1st	Peter Bourgaize	1.42.34	1st	Trudy Fenton	2.00.10
2nd	Michael Bertelsmeier	1.44.58	2nd	Clare Hennessy	2.04.00
3rd	Tony McCool	1.45.44	3rd	Julie Cummings	2.05.59

CALENDAR OF EVENTS

AUGUST

- (SUN) 7 Tour of Gawler
- (SUN) 7 Naracoorte Half Marathon
- (SUN) 7 Ghan Challenge 5km Fun Run
Ghan Reserve, 11.00 a.m.
Contact: Noel Harris, Alice Springs,
(089) 52 3491
- (SUN) 14 Festival City Marathon
Contact: S.A.R.R.C. 213 0615
- (SUN) 14 Alice Springs Marathon, Araluen, 6.00 a.m.
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Yard, 9.00 a.m.) Contact: Noel Harris,
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- (SUN) 25 Golf Course Fun Run 5km, Sheraton, 7.00 a.m.
Contact: Noel Harris, Alice Springs,
(089) 52 3491

OCTOBER

- (SUN) 2 Goolwa/Victor Half Marathon
Contact: Encounter Bay Rotary Club
- (MON) 3 S.A.R.R.C. Training Forum
Topic: Special Guest Speaker
- (SAT) 15-25 Masters Games Alice Springs
Contact: Noel Harris, Alice Springs,
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- (SUN) 16 Capita 10km*
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Contact: Chris Freeman 391 1507
- (SAT/SUN) 29-30 Sri Chinmoy 24 Hour
Contact: Sipra Lloyd, 362 9735 (A/h)

NOVEMBER

- (SUN) 6 Old Customs House Fun Run
Contact: John Murfit, 248 9033
- (SUN) 6 Encounter Bay Half Marathon
Contact: Encounter Bay Rotary Club
- (FRI) 11 S.A.R.R.C. Training Forum
Topic: Women 10km Guest Speakers
- (SAT) 12 Grand Prix Classic
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- (SUN) 20 Standard Chartered Bank Womens 10km
Contact: S.A.R.R.C. 213 0615
- (SUN) 27 Two Bridges Fun Run
Contact: M.B. Hash House Harriers,
PO Box 201, Murray Bridge

DECEMBER

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(085) 63 2766
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BBQ Town Pool, 6.00 p.m.
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