

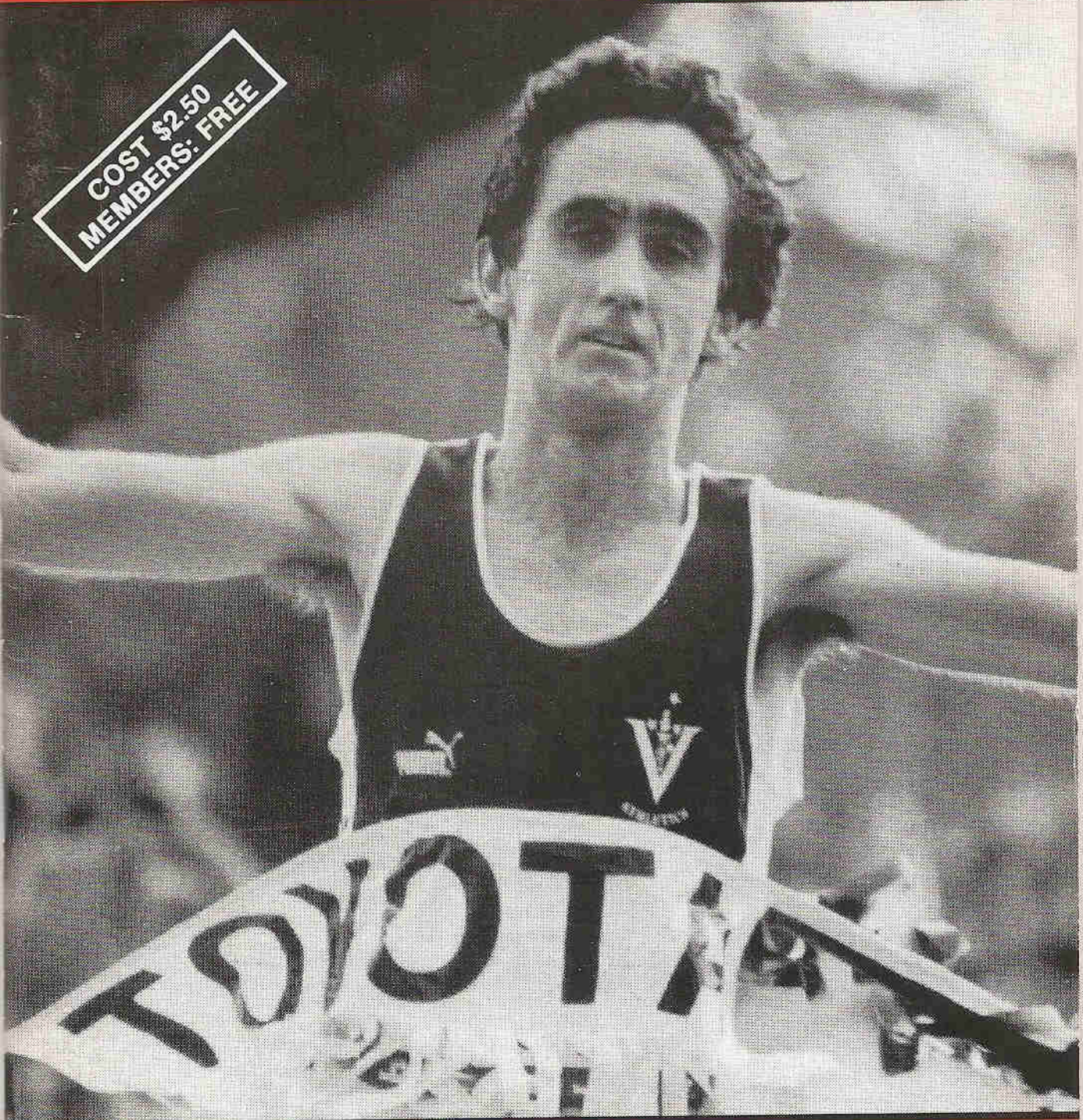
SOUTH AUSTRALIA



RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 24
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**COST \$2.50
MEMBERS: FREE**



Assisted by the South Australian
Department of Recreation and Sport

OFFICE NEWS.....OFFICE NEWS

The Toyota Festival City Marathon has now been and gone and we are delighted to say it was a resounding success! Sponsors and runners alike have congratulated the Club on the organisation of the Marathon.

This year was not without its problems, as the dreaded flu caused many runners to pull out of the Marathon both prior to and during the run, the office also had Elizabeth struck with the virus on the Friday prior to the Marathon. Thanks to Maryann and the volunteers, Elizabeth's absence did not cause any major or minor problems! All the office would like to thank Di Dutton and Tom Quinn for their great help during Marathon week, we couldn't have managed without their help!

We would also like to thank the Marathon Sub Committee and all the volunteers, too innumerable to name, who worked so hard during the marathon weekend. We all love to run in events, however, without all of the volunteers, many of whom were out working at 5.00 a.m. we would not have any events!

We have several runs coming up in October and November, in particular the TNT Airport Fun Run, on October 23, the Clarendon Run on November 6, the Betts & Betts/adidas Grand Prix Classic II on November 12 and the Womens 10Km Classic on November 20. Remember, don't leave your entry to the last minute! Enter early and save yourself the last minute rush!

Recently, the office has had many enquiries regarding the Late Entry Fee and the production of Race Results.

The Late Entry Fee has been applied to all runs in the hope that the majority of runners will enter early. Late entries causes the office considerable work in a busy period of finalising all arrangements prior to race day, or on race mornings. In both cases the workload often increases to an extent that volunteers are needed to assist the office staff. The office volunteers come in quite willingly, but it often upsets their plans or training for the forthcoming runs.

In arranging any run, whether it's Marathon or a 10km, it takes time and

work to ensure the run is a success, and believe us, it's easier to achieve if entries are not left to the last minute!

Race Results are compiled and printed for all large club runs. They are not printed for all runs as the cost of compiling and printing them is such that the Club cannot afford the expense.

Compiling, collating, checking, rechecking and finally printing is a very long procedure. The office endeavours to produce them as quickly as possible, however, please allow 3 weeks after each run before contacting the office for a copy of the results.



In this issue, there are accounts for Membership Renewal for 1988-1989. The cost of membership has increased to:

FULL MEMBER	\$25.00
ASSOCIATE MEMBER	\$15.00
COUNTRY MEMBER	\$10.00

The fees have remained static for the previous two years and the Board has found it necessary to increase them as the Club's costs have increased to an extent that it now costs \$50.00 per member to keep the Club doors open!



The benefits of membership of the South Australian Road Runners Club are many. Reduced entry fees into all Club events, 25% discount at the Smith and Weston Store in Grenfell Street, four copies per year of the Club's Journal, 'SA Running', four copies per year of the Club's Newsletter, 'Footnotes', Training facilities in the city and suburbs, Forums, an Adelaide Plan, a Training Calendar

The value of your membership in dollars is far in excess of your membership fees, in fact probably triple. It is the best value for your money that we know.

Please return the top portion of your renewal notice with your payment, as soon as possible, as payment is due on September 30, 1988.

OFFICE STAFF

NEW S.A.R.R.C. PRESIDENT — DAVID O'DONNELL

3 stone overweight, smoking forty cigarettes a day and so unfit that he couldn't enjoy himself and play with his children at a picnic.

That's when David O'Donnell, the new President of the South Australian Road Runners Club decided that he ought to do something about getting fit.

The next day he decided to start running and ran as far as he could - 100 yards. He got better and fitter and finally ran his first Marathon in 1984. All of his training was done on his own at Mount Gambier apart from occasional runs with Neville Snook when he came to visit. Neville introduced David to SARRC and suggested that he think about the running instructors course.

Following his involvement as an instructor David began helping to organise many of the Club's runs and races.

He joined the Board in 1986 and has been actively involved in all club activities since then.

David has completed 3 marathons improving his time by half an hour each time and following some back trouble early this year is back in training for a quick time next year.



David used to run with the Gilles Street pack (now Greenhill Road) and likes to get out and run at Athelstone whenever he can.

As the new President, David is keen to further develop local running groups around the suburbs and is looking forward to visiting them all shortly.

THANK YOU MARILYN!

Some three months ago Marilyn Davis advised our club's Board that she would be moving to Brisbane and in consequence would be resigning as our President after the Marathon. Her resignation became effective on the 31st August 1988 when David O'Donnell took over the reins.

Marilyn joined the Board as our President in August 1985. She brought to the Board a fresh outlook - a relatively new runner with wide experience in various aspects of administration.

Her leadership skills were soon evident. Never one to suffer fools gladly, she demanded the same effort and quality of

our board and administration that she was prepared to supply herself.

Most members would not be aware of the many hours Marilyn spent in advancing the cause of our Club with bodies such as sponsors, police and government.

When our General Manager of the time resigned, she took leave without pay from her employer and stepped in to the role of acting General Manager. Despite this Marilyn maintained her own running - and ran her own home and family as well as holding down a Senior position in the Public Service.

Don't you remember seeing her photo in the newspapers when she was called in by

the Government to take over the administration of the Three Day (horse) Event at Gawler when it looked like becoming a PR and administrative disaster. It went off well - due in no small part to her effort.

Other "runs on the Board" included the sports events in the Sanctuary Cove opening and work on our Grand Prix.

Recently Marilyn established her own promotion business. Her reputation was sufficient for her to be engaged to handle the marketing and promotion of the National Baseball Competition - to be run from Brisbane. If this gets off the ground Marilyn will doubtless score the odd home run or ten. Our loss is Baseball's gain.

Thank you Marilyn for all your time and effort and for a job very well done. We hope you will return to Adelaide soon to rejoin us.



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"UP FRONT"

by Kangaroo Chapman reporting from Manila

LISA MARTIN again headlines UP FRONT, being the only S.A. athlete selected for the Olympic Games in Seoul. Currently in Brisbane to prepare for the Marathon (she also qualified in the 10,000m when she ran 32.22 at Zatopek), Martin could do anything at the Games.

After winning the Grand Prix Run (24.27) and SARRC's 10,000m road race (32.53) here, she had a brief hiccup by not finishing Sanctuary Cove. However, since then she's produced an S.A. record Marathon (2.23.51) at Osaka (4th fastest in history, 71.22 split) and won the 12km Bay to Breakers stampede in San Francisco (39.16) against the likes of Benoit, Maller and 70,000 other entrants. Her recent 32.04 behind Kristiansen in New York's L'Eggs 10,000m - and ahead of Mary Decker - proves she's running her best ever.

PETER BRETT is the other S.A. runner making waves internationally. Despite failing to meet the Olympic 10,000m qualifying time and running indifferently at the recent World Cross Country Championships, Brett has become a regular on the European road circuit winning the Vastervik (SWE) Half Marathon (65 mins-odd) and placing behind Olympic drug - stripped medalist Vannio in the Norwegian 8km road title (23.46). Moreover he has attracted invitations to run the Mobil Grand Prix Track Circuit, an achievement few if any South Australians can boast of. The popular globetrotter annexed our own Grand Prix title (21.47), the SA 5,000m gold medal (13.59) and Glendis \$500 first prize before departing overseas.

GRENVILLE WOOD made a last ditch Olympic qualifying attempt at Boston, but DNF'd at 21km (65 minutes) through a combination of leg stiffness and exhaustion - later to become full blown flu. Nevertheless he's enjoyed terrific form since and, at 33, may be in for his best winter yet. His victory in the State 10km road at West Lakes (PB 29.15) probably surprised most, but his wins in the Suhard Shield Mile (4.28) and ERN JOLLY 6km (17.7) together with a close third at SA Cross Country showed he was in good shape.

YOLANDA BUDICH is another currently on the overseas circuit, having run 4.37 (1500) and 9.45 (3000) in Keipzig (DDR) and Britain whilst preparing for the World Junior Championship 10,000m at Sudbury (CAN) in August. The 18 year old City Bay winner had a purple patch before leaving with victories in the Patawalonga Relay, State Junior 8km Road (28.31), Gawler Relay, Half-Case 5km (17.37) and SA 8km Cross Country (29.27). Budich has been offered a full scholarship at Canberra's AIS in the new year.

Heading for the Ireland Triathlon and a hoped for \$30,000 prize, is amazing HEATHER ASHCROFT. Runner up at the National Tri in Hobart, Ashcroft continues to devastate SA's best road racers whenever she bothers to appear. Most recently that's been in the Half Marathon (79.47), the State 10km (34.44) and the Chiropractic 10km.

Back from overseas is TRUDY FENTON complete with a marathon PB (2.48.32) courtesy of the Long Beach (USA) course. The 28 year old runner, who uses regular races in lieu of long hard training runs, has had some notable victories, including the World Championship Fun Run (over 5 time World Cross Country Champ Doris Brown-Heritage), Glendi, the adidas 10km (36.20) and the Sandy Creek 20 miler (2hrs 10mins).

BRENDAN HEWITT broke through to claim the Australian Steeplechase title in Perth and will be out to defend his Oakbank Cross Country gold medal in September.

GAIL MILLER also came home with a Nationals medal, in the 800m, and is becoming a regular face in winter events.

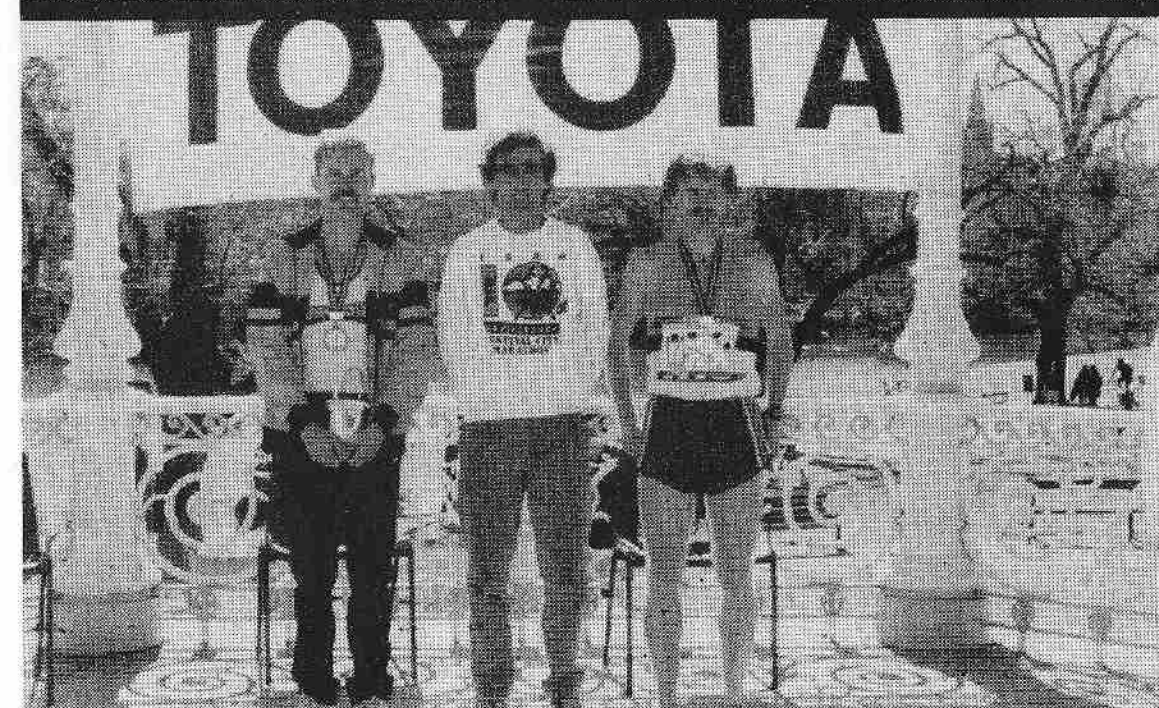
Adding quality to SA distance running this year are NICK BROWN, RAY BRYANT and ALAN CARMAN.

BROWN appears to have shaken his leg and back injuries if his wins in the State 15km (46.09), Half Case 5km (14.42) and Gawler Relay 5km (14.43) are anything to judge by. His 29.20 runner up performance in the West Lakes 10km augers well for his chances in the National Road titles in Canberra late August.

City-Bay champion RAY BRYANT capped a good comeback by winning the



'THE WINNERS' OF THE TOYOTA FESTIVAL CITY MARATHON



State 8km Cross Country (25.06) and producing a top 29.28 at West Lakes. His main mission is in the World Cross Country Trial late January in Canberra with a brief trip to Zatopek in Melbourne the month before to peak him.

ALAN CARMAN became, at 19, the youngest ever winner of the State 10,000m track title (30.50) was fastest in the Patawalonga Relay and first SA runner home in SARRC's Toyota Greenbelt Half Marathon (66.35). Remember that you first heard of his potential as an Australian Olympic Marathon representative on these pages.

Other juniors to shine were KYM JANIAK and JOHN KAVANAGH, both of whom bettered the World Junior Championship qualifying standard for 10,000 metres.

JOE PETKOVIC made history by winning the State Marathon title at West Lakes for the sixth straight year (2:26.57). He superseded KERRY O'BRIENS five year winning string (5,000m 1966-1970) to become the most dominating athlete ever in an SA distance event.

Most agree that 1988 has witnessed the greatest depth of quality in SA distance running ever. Athletes who have stood out this winter by winning major events include JIM MACK (Half Case Marathon, 69.21), GARY ZEUNER (Stawell 1600/3200m, West Lakes Half Marathon 69.10, WARREN PARTLAND (adidas 10km, 30.52 and Kangaroo Island Half Marathon 66.48), PAT CUSTANCE (City-Port), JOHN LISIEWICZ (Chiropractic 10km and Queens Birthday 4km, 12.22), DAVID DOWD (Barossa Half Marathon, 67.30), and MIKE BERTELSMEIER (Southern Districts 15km, 50.32).

Gone are the days where you could show up at a Fun Run and hope for a win because no decent runners would front. It seems there is always someone good now

Pacing the veterans is TONY McCOOL, the runner who always goes bare chested, with over 40 titles in the State Marathon (2.33), SA Cross Country and State 10km Road (32.16).

The ones to watch are LES KING in the veteran ranks, NOEL BRAY whose 2.32 marathon at West Lakes showed great promise, Broken Hill commuter. MARK FOBRES, and how could I ignore DAVID STANDEVEN's great fifth place in the Sydney to Melbourne, Westfield Ultra.

On the junior scene, SA boasts Australian Champions in DARREN ABBOTT (U17 Cross Country) and BRETT CARTWRIGHT (U15 3000m) as well as Nationals medalist, SIMON PERKINS (U15 1500m).

GREG LYONS, 19, also impressed with a 70.31 Half Marathon, while State representatives DARREN MUMFORD, NATHAN SCHUMACHER and KEITH NEVILLE have good futures.

On the womens side, prospects are decidedly thinner though KIRSTY LONGFORD (National U15 Cross Country Bronze medalist) and MEREDITH RYAN (4th in same event) give cause for excitement.

ROBYN BROWN (State 15km title, 60.56), CLAIRE HENNESSY (Greenbelt Half Marathon, 85.22), HEATHER ROSE (West Lakes Half Marathon, 82.59), MOLLIE WHITEHORN (State Marathon, 3.06), JUDY DALY (World Veterans 800/1500 double) and MARGARET McINTOSH (State Veterans Cross Country and Road titles) have been the big winners.

Ones to watch include ROBYN MILLER (Nationals U16 800m Silver medalist), MICHELLE REED (6th in National Schoolgirl Cross Country) and SUZI THOMPSON (SA Junior Road Champion).



FESTIVAL CITY ADVANCED BEGINNERS RUNNERS POSTSCRIPT

Congratulations are in order for 2 Advanced Beginners who attended the last Advanced Beginners Class and finished the Toyota Festival City Marathon. Both runners trained with the class for the City-Port and the Toyota Greenbelt Half Marathon, but were able to train themselves for the Marathon. They were:-

LYN WILSON

TIME: 5hr 58mins.

Lyn is a very dedicated runner and has been training up to 90km per week over the last 2 months. She used the tactic of 20 minutes run, 5 minutes walk through out the run, and was very happy with her experience. Many of the Advanced Beginners, of whom she has made many friends, were at the finish to congratulate her. Great effort!

BETTY BREZOVSKIS

TIME: 4hr 51mins.

Betty made her own decision to train up for the Toyota Festival City Marathon without telling anyone she was in training. She trained about 70km per week and although tired at the end, finished in good condition. It is hoped that ideas that she picked up in the Advanced Beginners Class had helped her. These methods would include:-

1. Drink stops every 15-20 minutes.
2. Gradual increases in distance (no more than 10% increases), per week.
3. Mixing up short and long runs.
4. Providing a group of similar paced runners to train with. Many of these new runners find this one of the most beneficial aspects of the Advanced Beginners Classes.
5. An introduction to the Wednesday night group at Greenhill Road. There is now a sizeable, regular number of past Advanced Beginners at this venue. Telling the new runners that there will be an instructor at the venue, who will run with them and at their pace can be the difference between a new runner keeping up

their running at the early stages, or giving up.

The 7th Advanced Beginners Class starts in December 1988. The nominal goal is to train for the City-Port in April 1989. However, the main goal is to enable runners to reach whatever goals they decide on, in comfort and safety, in a relaxed and enjoyable manner.

The class will be continued to the Greenbelt Half Marathon if the class requests it, as they did in 1988. It is also hoped to introduce personal coaching by the instructors for anyone wishing to train for the Marathon in 1989. Everyone is welcome to join these classes. Anyone who wishes to help is also very welcome.

Congratulations are also in order to Hazel Tinning, a graduate of the 1987 class, who finished this years Rome Marathon in 5 hours.

Well done all!

TED TROJANOWSKI Instructor

TOYOTA FESTIVAL CITY MARATHON RACE REPORT

"I really hope a lot of women get something out of this", Mollie said.

With some help from her coach Joe Petkovic (not a bad marathon mentor!) she took out this year's Toyota Festival City Marathon in 2.59.14.

A decent time, especially considering this year's unseasonably warm conditions (what a change from the chill and downpours of 1987!) and mean northerly winds.

"I did the first 5kms too slowly as far as my plans were concerned but I led down Anzac Highway", she said.

"That wind was a bit sapping. Coming back up the Highway I got behind the main group so I didn't take the brunt of it".

"I reached halfway in 89 and a half minutes but I didn't feel too good. By 25kms I had the stitch and I was wondering whether I'd finish!"

"But I liked the variety of the hills around North Adelaide. At about the 30km mark I went from third to first in the space of about a kilometre and as I got closer to the finish I just felt better".

"In the last 10kms I just felt so strong. It was great finishing".

In the end analysis it was probably Mollie's decision to draft on the pack as it went up Anzac Highway to the city which won her the race.

Second placegetter Clare Hennessy took the brunt of the wind at the front of the group. The headwinds sapped her and she finished, feeling "pretty shocking" in 3.02.11.

Nevertheless the 29 year old pre race favourite felt she had done a good job.

"On the whole I was fairly pleased. That's my PB in a marathon by about seven minutes. I felt I couldn't have done much better", she said.

"It wasn't a conscious decision to lead the other front runners up the Highway. It just felt comfortable at the time".

"I found the conditions pretty hard and I didn't drink enough. In the end, when I knew I wasn't catching Mollie at about the 35kms stage and she was getting stronger, I knew it was her race".

If the womens race was ultimately won on the north-bound stretch of Anzac Highway the mens race was decided at North Adelaide.

There, John Duck unleashed a withering one kilometre burst which dropped first Peter Bourgaize and then Will Donald.

He was never challenged from the 26km mark and went on to win in 2.27.42.

Like Clare, he was affected by the northerlies and also finished in a less than comfortable state, the surge around "Heartbreak Hill" and the mean weather obviously took their toll.

"It was hard going into the wind. I just wanted to win", he told 'The Advertisers' Warren Partland after the race".

"Going up Anzac Highway I just sat in behind the leaders and I knew then the time would be slow".

Both Peter Bourgaize and Will Donald pulled out of the race, giving some indication of the difficulty.

John's victory was as meritorious as Mollie's. Earlier this year he had been forced to rest due to an ankle injury and he lost several weeks training time.

In winning this event he not only capped off a laudable fightback but also became the first runner to win successive Festival Cities. Not bad for someone who nearly pulled out of last year's race at the half way point and who was on the verge of never running another marathon at the time!

His and Mollie's achievements capped off another successful Festival City, made possible by some generous sponsorship from Toyota and the invaluable volunteer army (God Bless 'Em!).

The weather was not the best, but what's a Festival City without nasty conditions?

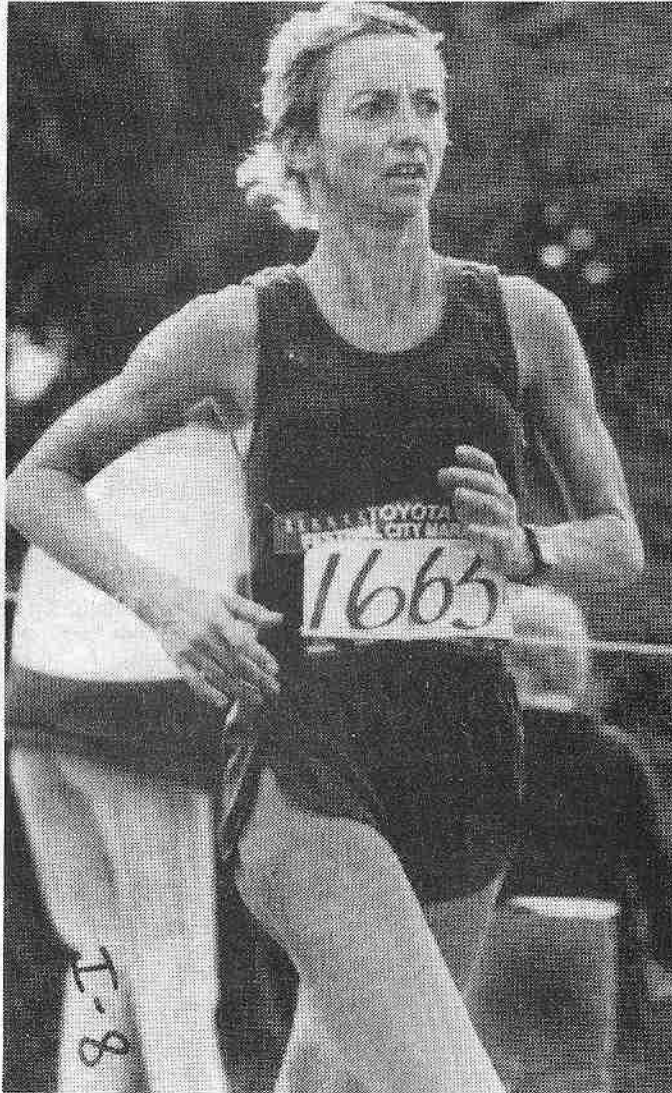
See ya next year!



"The Perfect Tens".

Mollie Whitehorn in winning style.

John Bannon competing in his Tenth Festival City Marathon.



RACE RESULTS

POSTN	NAME	GENDER	AGE	TIME	POSTN	AGE CATG	NAME	GENDER	AGE	TIME	POSTN	AGE CATG			
1	DUCK	JOHN	M	35	2:27.42	1	1	87	APPELT	PETER	M	37	3:08.11	84	22
2	NASH	IAN	M	28	2:30.07	2	1	88	ROSS	WILLIAM	M	36	3:08.20	85	23
3	HILL	IAN	M	34	2:39.21	3	2	89	BRIDGES	TONY	M	41	3:08.28	86	18
4	NOLAN	MICHAEL	M	38	2:40.11	4	2	90	HUME	ANDREW	M	39	3:08.29	87	24
5	KEWLEY	DOUGLAS	M	38	2:42.05	5	3	91	HICKERY	GARETH	M	35	3:08.32	88	25
6	HEARNDEN	PHILLIP	M	32	2:42.41	6	3	92	HARNETT	JOHN	M	49	3:08.46	89	10
7	PEIK	ROLAND	M	35	2:43.06	7	4	93	TOMALIN	MICK	M	39	3:09.05	90	26
8	PERRY	VICTOR	M	23	2:43.30	8	4	94	COLLINS	JOHN	M	39	3:09.08	91	27
9	SAWYER	RONALD	M	30	2:47.20	9	5	95	CUMMINGS	JULIE	F	28	3:09.22	4	2
10	CROSBY	PIET	M	39	2:47.21	10	5	96	LAMPRECHT	BRUNI	F	44	3:09.31	5	3
11	HANNA	LIAM	M	44	2:47.47	11	1	97	KIRKBRIDE	PAUL	M	31	3:09.48	92	35
12	HANAFIN	LAURIE	M	38	2:48.48	12	6	98	ADAMS	CRAIG	M	28	3:10.08	93	36
13	DORNIN	TIM	M	28	2:49.42	13	6	99	SIZER	KEVIN	M	34	3:10.31	94	37
14	MINOGUE	DES	M	39	2:49.48	14	7	100	SMITH	PETER	M	49	3:10.37	96	11
15	STAAK	ERIC	M	33	2:50.15	15	7	101	STANDEVEN	DAVID	M	36	3:10.37	95	28
16	HENRY	LEIGH	M	31	2:50.20	16	8	102	MORGAN	PETER	M	33	3:10.49	97	28
17	STOGSDILL	MARK	M	40	2:51.06	17	2	103	OBRIEN	BILL	M	41	3:10.59	98	19
18	KIRKLAND	ADAM	M	31	2:51.08	18	9	104	HARPER	JOHN	M	40	3:11.00	99	20
19	HANNA	BASIL	M	34	2:51.33	19	10	105	WATTS	HARRY	M	43	3:11.15	100	21
20	MELDRUM	STEVE	M	31	2:51.48	20	11	106	OLEARY	ALAN	M	31	3:11.54	101	39
21	JONES	STEPHEN	M	23	2:52.47	21	12	107	SKEWES	TREVOR	M	43	3:12.07	102	22
22	GILLIES	GARY	M	28	2:53.05	22	13	108	HENNESSY	WILLIAM	M	45	3:12.33	103	12
23	ALLEN	MORRIS	M	41	2:53.38	23	3	109	CUPPER	LINDSAY	M	38	3:12.39	104	29
24	KELLY	STEVEN	M	35	2:53.43	24	8	110	FEIJEN	JOHN	M	31	3:13.03	105	40
25	COOMBS	CHARLIE	M	36	2:53.52	25	9	111	KLUNDER	MARK	M	40	3:13.17	106	23
26	ANSON	PHILLIP	M	32	2:54.46	26	14	112	SMITH	ROBERT	M	37	3:13.18	107	30
27	HAMILTON	ROY	M	39	2:55.06	27	10	113	DAVIE	RICHARD	M	37	3:13.29	108	31
28	ELLIS	TERRY	M	27	2:55.25	28	15	114	KITSCHKE	PETER	M	57	3:13.38	109	2
29	ROBERTS	MARCUS	M	39	2:56.34	29	11	115	BOWYER	BARRY	M	32	3:13.46	110	41
30	COCKSHOTT	ALLAN	M	43	2:56.55	30	4	116	WOODFINE	PERRY	M	29	3:13.51	112	42
31	SANDERY	PETER	M	47	2:56.12	31	1	117	ALLEN	GREG	M	35	3:13.51	111	32
32	JAMAL	FAYAZ	M	34	2:56.31	32	16	118	GRICE	MARGARET	F	35	3:13.52	6	1
33	GRANT	BILL	M	41	2:56.42	33	5	119	POPPELWELL	CHRIS	M	29	3:14.13	113	43
34	CUMMINGS	STEWART	M	37	2:56.51	34	12	120	JOHNSON	JAMES	M	36	3:14.41	114	33
35	LAMPRECHT	WILFRIED	M	44	2:56.55	35	6	121	MCDERMOTT	BARRY	M	43	3:14.42	115	24
36	BANNON	JOHN	M	45	2:57.04	36	2	122	GRAY	PETER	M	23	3:14.47	116	44
37	GATFIELD	BRIAN	M	43	2:57.11	37	7	123	STEVENS	MICK	M	34	3:14.50	117	45
38	MITCHELL	TREVOR	M	44	2:57.16	38	8	124	STUART	ROGER	M	45	3:14.58	118	13
39	WYLLIE	ALAN	M	30	2:57.46	39	17	125	BOSWELL	TERRY	M	44	3:15.14	119	25
40	GOLDIE	ANDREW	M	35	2:57.49	40	13	126	ADLER	PAUL	M	31	3:15.52	120	16
41	ROGERS	FRANK	M	53	2:58.06	41	1	127	GRICE	JOHN	M	37	3:15.55	121	34
42	KING	ANTHONY	M	40	2:58.19	42	9	128	WOLFF	FRANK	M	41	3:15.58	122	26
43	DUNN	STEPHEN	M	22	2:58.23	43	18	129	BATTAMS	MARK	M	28	3:16.13	123	47
44	GRAHAM	KEN	M	47	2:58.42	44	3	130	OBRIEN	GEOFFREY	M	39	3:16.14	124	35
45	BIGGS	BARRY	M	45	2:59.01	45	4	131	MORRIS	JOHN	M	47	3:16.18	125	14
46	WATERS	DAVID	M	30	2:59.03	46	19	132	CRUMP	PETER	M	27	3:16.35	126	48
47	MADIGAN	ROBERT	M	43	2:59.10	47	10	133	THIBLE	BRETT	M	29	3:16.41	127	49
48	EDYVEAN	DAVID	M	49	2:59.12	48	5	134	SMITH	CLYDE	M	36	3:16.53	128	36
49	WHITEHORN	MOLLIE	F	41	2:59.14	1	1	135	MULDOON	DAVID	M	37	3:17.14	129	37
50	MARCH	GEOFFREY	M	34	2:59.18	49	20	136	FOX	BARRY	M	33	3:17.35	130	50
51	COULTER	DES	M	44	2:59.29	50	11	137	FORNER	JOHN	M	34	3:17.46	131	51
52	SUNNERS	JIM	M	25	2:59.49	51	21	138	ASCOTT	STUART	M	32	3:17.53	132	52
53	BASSETT	PAUL	M	40	3:00.00	52	12	139	PAYNTER	RAY	M	41	3:17.56	133	27
54	MARTIN	ROD	M	49	3:00.25	53	6	140	PIERCE	SIMAHIN	M	40	3:18.05	134	28
55	CHRISTIE	HARRY	M	34	3:01.15	54	22	141	LEANE	PHILLIP	M	23	3:18.15	135	53
56	GREEN	TREVOR	M	45	3:02.00	55	7	142	YOUNG	GREG	M	31	3:18.15	136	54
57	FOX	ALLAN	M	43	3:02.10	56	13	143	LOWE	DAVE	M	32	3:18.20	137	55
58	HENNESSY	CLARE	F	29	3:02.11	2	1	144	COLO	PERRY	M	41	3:18.22	138	29
59	BRANDHOFF	TREVOR	M	36	3:02.28	57	14	145	WHEELER	GEOFF	M	32	3:18.27	139	56
60	MORRISON	JOHN	M	29	3:02.32	58	23	146	MARTIN	JIM	M	50	3:18.38	140	2
61	KLIMA	ROBERT	M	44	3:02.38	59	14	147	BRIDGES	DAVID	M	44	3:18.45	141	30
62	JONES	TERRY	M	37	3:02.51	60	15	148	CAWTHORNE	ANDREW	M	35	3:18.53	142	38
63	MITCHELL	MABEL	F	40	3:03.00	3	2	149	CIBICH	TREVOR	M	38	3:18.57	143	39
64	COLLINS	CHRIS	M	39	3:03.03	61	16	150	DAVEY	ANDREW	M	22	3:19.01	144	57
65	POWER	ROBERT	M	46	3:03.07	62	8	151	MONCRIEFF	KAYE	F	28	3:19.04	7	3
66	HANNA	BARRY	M	49	3:03.14	63	9	152	TAYLOR	DAVID	M	40	3:19.11	145	31
67	WESTON	PETER	M	38	3:03.47	64	17	153	LANG	ANNE	F	45	3:19.14	8	1
68	GARTNER	SHANE	M	32	3:03.57	65	24	154	PETERS	FRANK	M	30	3:19.22	146	58
69	CRICKMAY	CHRISTO	M	40	3:04.21	66	15	155	CULBERSTON	ALBERT	M	47	3:19.30	147	15
70	GOODWIN	DAVID	M	33	3:04.37	67	25	156	MCLEAN	IAN	M	40	3:19.30	148	32
71	FIELD	PETER	M	30	3:04.42	68	26	157	HURLING	JOHN	M	45	3:19.49	149	16
72	MCCOMB	ANDREW	M	57	3:04.54	69	1	158	TANSLEY	RICHARD	M	25	3:19.54	150	59
73	FOX	JOHN	M	39	3:04.59	70	18	159	SMITH	GEORGE	M	37	3:20.00	151	40
74	STEWART	HARRY	M	42	3:05.11	71	16	160	WELSH	PETER	M	43	3:20.06	152	33
75	TANDLER	HOLGER	M	29	3:05.18	72	27	161	WILLIAMS	GREGORY	M	23	3:20.17	153	60
76	TRACEY	PAUL	M	29	3:05.36	73	28	162	GALLASCH	PETER	M	44	3:20.27	154	34
77	KING	DENNIS	M	32	3:06.08	74	29	163	SAUNDERS	BRANDON	M	40	3:20.40	155	35
78	NICHOLSON	NOEL	M	38	3:06.38	75	19	164	MCCARTHY	PAUL	M	37	3:20.53	156	41
79	WINK	ROY	M	24	3:07.10	76	30	165	MANDER	KEITH	M	67	3:21.05	157	1
80	VOGT	BRIAN	M	33	3:07.13	77	31	166	MITCHELL	PETER	M	25	3:21.08	158	61
81	CRANWELL	DONALD	M	37	3:07.18	78	20	167	PUCHALSKI	ANDREW	M	32	3:21.09	159	62
82	LISTER	BARRY	M	31	3:07.29	79	32	168	PAROCHAIS	CONSTANTIN	M	53	3:21.12	160	3
83	TAYLOR	MARK	M	28	3:07.41	80	33	169	SHEPARD	JAMIE	M	51	3:21.20	161	4
84	WILSON	PHILLIP	M	39	3:07.44	81	21	170	ADCOCK	MALCOLM	M	40	3:21.21	162	36
85	QUINN	GERALD	M	30	3:07.48	82	34	171	SJOERDSMA	RICHARD	M	58	3:21.25	163	3
86	KITTO	MAX	M	42	3:07.53	83	17	172	ADAM	MALCOLM	M	46	3:21.50	164	17
								173	BUXTON	TERRY	M	48	3:22.11	165	18
								174	SMALL	MURRAY	M	48	3:22.15	166	19
								175	BUNCE	NOEL	M	38	3:22.26	167	42

176 WRIGHT GARY M 34 3:22.44 168 63
177 MARLING THOMAS M 52 3:22.49 169 5
178 GREENHAM MICHAEL M 29 3:23.12 170 64
179 LEADER-ELLIOTT IAN M 48 3:23.19 171 20
180 BENBOW RICHARD M 44 3:23.20 172 37
181 HAKKENNES HARRY M 42 3:23.27 173 38
182 HALL STEVEN M 29 3:23.30 174 65
183 CROOK ANDREW M 21 3:23.37 175 66
184 WHEELER PETER M 32 3:23.43 176 67
185 HAINES MERV M 38 3:23.53 177 43
186 KILEY PAUL M 35 3:24.13 178 44
187 SKEWES CHERYLYN F 24 3:24.13 9 4
188 LEWIS SIMON M 37 3:24.16 179 45
189 FURNISS COLIN M 35 3:24.17 180 46
190 HARVEY DAVID M 48 3:24.22 181 21
191 RANNER RICHARD M 31 3:24.24 182 68
192 HIGGS ANDREW M 41 3:25.20 183 39
193 HUSTON JEFFREY M 36 3:25.27 184 47
194 KING NOELA F 41 3:25.28 10 4
195 HANNA PAUL M 30 3:25.42 185 69
196 HERRIMAN ROBERT M 26 3:25.44 186 70
197 MCALLISTER ANDREW M 37 3:25.49 187 48
198 JAWORSKY GEORGE M 48 3:25.57 188 22
199 SKINNER CHRISTOPHM 36 3:26.03 189 49
200 PAUNOVIC VICTOR M 33 3:26.06 190 71
201 ISAACSON TIM M 26 3:26.16 191 72
202 LINKE AMBROSE M 50 3:26.31 192 6
203 ASHER TERENCE M 38 3:26.33 193 50
204 VIMPANI GRAHAM M 44 3:26.40 194 40
205 BRADLEY THOMAS M 47 3:26.51 195 23
206 TREMBATH DAVID M 54 3:26.53 196 7
207 FRER GRAHAM M 31 3:26.58 197 73
208 SMITH MICHAEL M 41 3:26.58 198 41
209 PEDLER RICK M 32 3:27.14 199 74
210 HOMAN JEAN M 37 3:27.15 200 51
211 STYLES GERRY M 50 3:27.23 201 8
212 BLACKMAN FRED M 40 3:27.36 202 42
213 MCCOY BRIAN M 31 3:27.37 203 75
214 EDMONDS MALCOLM M 43 3:27.42 204 43
215 MARTIN ROSS M 58 3:27.44 205 4
216 LOMBARDI ANTONIO M 30 3:27.46 206 76
217 BURGESS WAYNE M 40 3:27.53 207 44
218 HANCOCK ROSALIND F 25 3:27.58 11 5
219 OTHAMS PHILIP M 34 3:28.00 208 77
220 DOWNING EVAN M 50 3:28.06 209 9
221 GOODMAN BRUCE M 50 3:28.13 210 10
222 WILLIAMS RON M 40 3:28.19 211 45
223 FLORY JOHN M 33 3:28.23 212 78
224 SCHUBERT GUY M 37 3:28.30 213 52
225 FOALE WINTON M 37 3:28.40 214 53
226 PAKIN PHILLIP M 39 3:28.43 215 54
227 FAIRBANK ERIC M 43 3:28.51 216 46
228 HERBERT PETER M 41 3:28.57 217 47
229 CUSHWAY LLOYD M 45 3:29.07 218 24
230 WOOLGAR CHRIS M 44 3:29.23 219 48
231 SKERRETT MARTHA F 22 3:29.27 12 6
232 CHAPMAN BRIAN M 47 3:29.31 220 25
233 JACKSON TONY M 35 3:29.38 221 55
234 WILSHERE ARTHUR M 53 3:29.40 222 11
235 FISCHER HORST M 46 3:29.42 223 26
236 POPE DAVID M 51 3:29.44 224 12
237 SCHUBERT RONALD M 35 3:30.31 225 56
238 LORD GEOFF M 52 3:30.39 226 13
239 EMES DIANNE F 30 3:30.40 13 7
240 EMERSON ANDREW M 41 3:30.50 227 49
241 VON MALTZAHN PETER M 42 3:30.56 228 50
242 ZAPPIA VINCENT M 38 3:30.58 229 57
243 TATE JEFF M 35 3:31.02 230 58
244 HUCZKO STEPHEN M 27 3:31.04 231 79
245 HUMBLE BRENTON M 32 3:31.10 232 80
246 VINER DAVID M 38 3:31.25 233 59
247 PASCOE STEPHEN M 29 3:31.30 234 81
248 DREW MICHAEL M 33 3:31.44 235 82
249 TAYLOR ROBERT M 23 3:31.51 236 83
250 LANCASTER ROGER M 43 3:31.54 237 51
251 FISHER ALLAN M 51 3:32.05 238 14
252 AULD JOHN M 45 3:32.08 239 27
253 FOUMAKIS STALE M 22 3:32.17 240 84
254 BUCKLEY NICK M 36 3:32.21 241 60
255 RICE CRAIG M 28 3:32.23 242 85
256 FALAHEY JOHN M 42 3:32.38 243 52
257 BOWDEN ALLEN M 51 3:32.40 244 15
258 ROBERTS LEE M 44 3:32.41 245 53
259 ANDERSON JOHN M 49 3:32.52 246 28
260 DE KRETZER MAXIM M 48 3:32.55 247 29
261 GROOME BOYD M 28 3:33.01 248 86
262 ANDERSON TONY M 36 3:33.04 249 61
263 RAUTENBERG ROMAN M 36 3:33.20 250 62
264 MACCINI CARLO M 35 3:33.25 251 63
265 NEGUS ANDREW M 33 3:33.26 252 87
266 CHRISTIE MARK M 33 3:33.31 253 88
267 WIESE ROBERT M 41 3:33.50 254 54

268 SURACE MARIA F 31 3:33.50 14 8
269 SLAGTER MICHAEL M 18 3:33.53 255 1
270 OERMAN TONY M 27 3:33.54 256 89
271 DOWN KENNETH M 35 3:33.59 257 64
272 FILMER GRANTLEY M 37 3:34.02 258 65
273 WICHMANN NORBERT M 36 3:34.01 259 66
274 HAMILTON WAL M 43 3:34.07 260 55
275 LARKIN DICK M 59 3:34.11 261 5
276 LUBCKE CHRISTINE F 25 3:34.28 15 9
277 HOOPER ASHLEY M 19 3:34.33 262 2
278 LOECHEL LEN M 43 3:34.52 263 56
279 ADAM BRETT M 27 3:34.52 264 90
280 PEDERICK TREVOR M 34 3:34.53 265 91
281 BENNETT ROBERT M 44 3:34.56 266 57
282 OSBORNE GEORGE M 46 3:35.04 267 30
283 DOUBE GREGORY M 38 3:35.05 268 67
284 RUMP STEPHEN M 29 3:35.12 269 92
285 HUNT JAMES M 57 3:35.18 271 6
286 WELFORD JOHN M 34 3:35.18 270 93
287 SNOOK NEVILLE M 34 3:35.22 272 94
288 HACKING DENIS M 38 3:35.23 273 68
289 MCNULTY BRONWYN F 26 3:35.27 16 10
290 IRLICMT LAURENCE M 22 3:35.44 274 95
291 PORTER KEN M 39 3:35.50 275 69
292 OSBORNE PETER M 40 3:35.51 276 58
293 GEORGE ANTHONY M 33 3:35.53 277 96
294 QUINN PETER M 38 3:35.55 278 70
295 TSCHARKE MICHAEL M 37 3:35.57 279 71
296 MCDONALD TRUDI F 27 3:35.59 17 11
297 RUSHFORTH JAYNE F 31 3:36.00 18 12
298 CRAM DONALD M 41 3:36.04 280 59
299 WILLIAMS ANTHONY M 25 3:36.07 281 97
300 ROSS DAWN F 25 3:36.07 19 13
301 GOODHIND BRIAN M 51 3:36.13 282 16
302 TAGGART JACKIE F 36 3:36.30 20 2
303 DUCKWORTH STEPHEN M 35 3:36.40 283 73
304 WAKEFIELD PHILLIP M 39 3:36.40 284 72
305 SMITH LESTER M 37 3:36.53 285 74
306 IRVINE PAUL M 34 3:37.06 286 98
307 WHITTING JACKY F 45 3:37.19 21 2
308 GOODWIN MICHAEL M 39 3:37.56 288 75
309 ROBERTS LLOYD M 34 3:37.56 287 99
310 VANDERZON MICHAEL M 31 3:37.57 289 100
311 MCHUGH ANDREW M 38 3:38.11 290 76
312 TAYLOR LESLIE M 58 3:38.14 291 7
313 MURRAY RAYMOND M 28 3:38.28 292 101
314 MCHENRY BEN M 26 3:38.31 293 102
315 GRAYLING MICHAEL M 32 3:38.37 294 103
316 TROJANOWSKJ EDWARD M 40 3:38.45 295 60
317 DAVIS KELLY F 27 3:38.48 22 14
318 BRICE TONY M 39 3:39.13 296 77
319 SKEWES JOHN M 51 3:39.17 297 17
320 JOHNSON IAN M 31 3:39.24 298 104
321 HANNA BRENDAN M 32 3:39.34 299 105
322 TULLIO ANGELO M 24 3:39.40 300 106
323 MARKHAM KEVIN M 45 3:39.42 301 31
324 FRY KEVIN M 50 3:39.52 302 18
325 BANIK MICHAEL M 37 3:39.52 303 78
326 LOUCAS HARRY M 44 3:40.08 304 61
327 PUGATSCHEW VICTOR M 33 3:40.14 305 107
328 FLUIN MELVYN M 45 3:40.25 306 32
329 SLAGTER PETER M 41 3:40.27 307 62
330 AUTON KEVIN M 32 3:40.33 308 108
331 CORNEY PETER M 41 3:40.49 309 63
332 FRAZZETTO SAM M 22 3:41.03 310 109
333 GRAHAM MARY F 33 3:41.13 23 15
334 GANZIS JOHN M 47 3:41.25 311 33
335 RENSCHAW ANTHONY M 28 3:41.27 312 110
336 JAMIESON PETER M 39 3:41.30 313 79
337 WHEELER DOUG M 29 3:41.40 314 111
338 RICE MURRAY M 44 3:41.43 315 64
339 AGNEW MAL M 28 3:42.04 316 112
340 ELLIOTT DAVID M 38 3:42.13 317 80
341 RUFFIN RICHARD M 45 3:42.16 318 34
342 MEWETT DARRYL M 46 3:42.23 319 35
343 LEACH PETER M 33 3:42.39 320 113
344 NEWMAN ANTHONY M 37 3:42.41 321 81
345 VENUS GRAHAM M 45 3:42.41 322 36
346 TYRRELL PAUL M 32 3:43.05 323 114
347 HALES JOHN M 52 3:43.07 324 19
348 WILLIAMS KYM M 31 3:43.12 325 115
349 MARSH ANTHONY M 37 3:43.14 326 82
350 WHITFORD BOB M 40 3:43.20 327 65
351 TAYLOR IAN M 40 3:43.22 328 66
352 FISH JOHN M 43 3:43.34 329 67
353 PATTERSON KEN M 51 3:43.55 330 20
354 FAIRHEAD LISA F 31 3:44.00 24 16
355 WORLEY PETER M 41 3:44.08 331 68
356 WORLEY SUSAN F 40 3:44.08 25 5
357 PRIEST DAVID M 26 3:44.14 332 116
358 COX MURRAY M 42 3:44.15 333 69
359 STANDEVEN CHERYL F 32 3:44.18 26 17
360 PARROTT DEREK M 38 3:44.35 334 83
361 WILLIAMS ROGER M 48 3:44.48 335 37

362 WATT RAYMOND M 45 3:45.06 336 38
363 HOWARD GEOFF M 38 3:45.30 337 84
364 GRAY GARY M 32 3:45.45 338 117
365 MCMULLEN SIMON M 31 3:45.45 339 118
366 GRIFFIN RICHARD M 43 3:45.57 340 70
367 UNDERDOWN LYNNE F 37 3:46.08 27 3
368 PEARCE ADRIAN M 48 3:46.18 341 39
369 FRIBBINS VAL F 34 3:46.49 28 18
370 PHILLIPS BRIAN M 47 3:46.57 342 40
371 GENOVESE ADRIANA F 37 3:47.13 29 4
372 GILBERT ADRIAN M 32 3:47.59 343 119
373 SIMPSON MAURICE M 52 3:48.15 344 21
374 FRASER ROBERT M 33 3:48.28 345 120
375 KOELMA GEOFF M 34 3:48.37 346 121
376 SPALL COLIN M 39 3:48.47 347 85
377 MCPHERSON STEPHEN M 32 3:49.01 348 122
378 WHITE GAVIN M 34 3:49.12 349 123
379 TRAVIS ROY M 42 3:49.13 350 71
380 FAIRHEAD ROBERT M 35 3:49.25 351 86
381 HEINISCH EDWARD M 19 3:49.40 352 3
382 BOND GREGORY M 30 3:49.56 353 124
383 PARISE GREG M 34 3:49.59 354 125
384 SMITH GEOFFREY M 40 3:50.10 355 72
385 CALVERT STEVEN M 35 3:50.25 356 87
386 ODONNELL DENNIS M 36 3:50.35 357 88
387 LAMONT ALLEN M 44 3:50.48 358 73
388 RICHARDSON JOHN M 57 3:50.54 359 8
389 WOOD PETER M 39 3:50.56 360 89
390 DOCWRA DAVID M 35 3:50.59 361 90
391 DOHNT CLYDE M 47 3:51.05 362 41
392 JURJEVIC NINA F 23 3:51.05 30 19
393 SIMS BARRY M 40 3:51.06 363 74
394 MARTIN ANTHONY M 60 3:51.10 364 1
395 EDWARDS ANNE F 34 3:51.10 31 20
396 MCCARTNEY MAURICE M 47 3:51.28 365 42
397 THOMPSON ROGER M 50 3:51.49 366 22
398 MURPHY ROBERT M 35 3:51.51 368 91
399 MARTIN REX M 42 3:51.51 367 75
400 PHILLIPS RODNEY M 40 3:51.54 369 76
401 ROBERTSON JOHN M 35 3:51.55 370 92
402 LLOYD OWEN M 49 3:51.59 371 43
403 GOOLEY JOHN M 51 3:52.00 372 23
404 HART GERRY M 49 3:52.20 373 44
405 ROADS KYM M 39 3:52.21 374 93
406 SCHILLING JOHN M 38 3:52.23 375 94
407 BERZINS GEORGE M 37 3:52.23 376 95
408 CHERINGTON DEAN M 56 3:52.28 377 9
409 MURFIT JOHN M 38 3:52.30 378 96
410 ASHFIELD DAVID M 42 3:52.32 379 77
411 HOUGH KEN M 43 3:52.41 381 78
412 ATTWOOD JOHN M 47 3:52.41 380 45
413 LOPIAN ANDREW M 26 3:52.56 383 126
414 DYE JOHN M 51 3:52.56 382 24
415 MILLARD KEN M 41 3:53.06 384 79
416 QUIGLEY GARY M 46 3:53.21 385 46
417 DILLON JOHN M 62 3:53.22 386 2
418 DAVISON MARILYN F 38 3:53.25 32 5
419 LAYTON RONALD M 41 3:53.27 387 80
420 MITCHELL REG M 40 3:53.35 388 81
421 NEWMAN MIKE M 36 3:53.49 389 97
422 MARCHANT PETER M 36 3:54.34 390 98
423 VAUGHAN ANTHONY M 48 3:54.47 391 47
424 PARKINSON JOHN M 43 3:54.48 392 82
425 SILCOCK COLIN M 55 3:54.49 393 10
426 GILKES PETER M 41 3:55.01 394 83
427 JONES BRIAN M 52 3:55.09 395 25
428 DAVISON RON M 40 3:55.27 396 84
429 ATSAUSKAS BARRY M 37 3:55.40 397 99
430 YOUNG GRAHAM M 33 3:55.44 398 127
431 HILL GEOFF M 45 3:55.50 399 48
432 GOWER MALCOLM M 28 3:56.28 400 128
433 MARSHALL MALCOLM M 44 3:56.37 401 85
434 SIBILA DAN M 37 3:56.57 402 100
435 WASTELL ROBERT M 31 3:57.04 403 129
436 HAUP TREVOR M 41 3:57.07 404 86
437 RUSBY IAN M 32 3:57.17 405 130
438 BROWN IAN M 50 3:57.32 406 26
439 LUNNISH SHARRON F 35 3:57.37 33 6
440 VINES STEVEN M 28 3:57.43 407 131
441 GINEVER CHRIS M 29 3:57.44 408 132
442 KEATING KEVIN M 36 3:57.46 409 101
443 AYTON PETER M 40 3:57.47 410 87
444 CHAPMAN DAVID M 40 3:57.49 411 88
445 CLARK JAY M 37 3:57.49 412 102
446 DELEAN ADRIAN M 37 3:57.55 413 103
447 DINHAM ROBERT M 37 3:57.56 414 104
448 PURLING BILL M 41 3:57.59 415 89
449 BROWN JAY M 42 3:58.06 416 90
450 HARDY PETER M 37 3:58.07 417 105
451 HEIN LEON M 32 3:58.15 419 133
452 CHARLES NICHOLAS M 18 3:58.15 418 4
453 LEACH JOHN M 32 3:58.35 420 134
454 RICHARDSON ROBERT M 33 3:58.42 421 135
455 GASTON JOHN M 42 3:58.46 422 91

456 HORTON RON M 40 3:59.17 423 92
457 POLLNITZ KIM M 32 3:59.21 424 136
458 SUNDERLAND BENJAMIN M 44 3:59.46 425 93
459 BRATKOVIC SLAVKO M 21 4:00.02 426 137
460 COAD MIKE M 36 4:00.02 427 106
461 MAULDON SHANE M 32 4:00.16 428 138
462 HEARN TONY M 29 4:00.22 429 139
463 SALTER NORM M 29 4:00.46 430 107
464 MURPHY LAURIE M 43 4:00.56 431 94
465 GENOVESE ALEX M 39 4:01.02 432 108
466 EGAN BRIAN M 49 4:01.04 433 49
467 HAUSER NICHOLAS M 28 4:01.21 434 140
468 LINDH ANNE F 38 4:01.27 34 7
469 WEIR STEVE M 31 4:01.49 435 141
470 HIBBERD TREVOR M 32 4:01.49 436 142
471 CAHILL GRAHAM M 31 4:02.12 437 143
472 HARDY FRED M 53 4:02.28 438 27
473 COCK DOREEN F 65 4:02.47 35 1
474 HALL COLIN M 38 4:02.58 439 109
475 FLORY JANINE F 31 4:03.11 36 21
476 HOWLETT PHILLIP M 44 4:03.56 440 95
477 WILSON BRIAN M 52 4:04.12 441 28
478 CHAPMAN ERNIE M 46 4:04.17 442 50
479 OBST RONALD M 44 4:04.41 443 96
480 GALLACHER TERENCE M 18 4:04.52 444 5
481 MITCHELL ALISON F 43 4:05.00 37 6
482 MCCABE TERRY M 39 4:05.11 445 110
483 ARTHUR PAUL M 30 4:06.07 446 144
484 SMITH GRANT M 37 4:06.23 447 111
485 CANZANO STEVEN M 19 4:06.53 448 6
486 HARRIS ROGER M 45 4:07.40 449 51
487 PAUL RON M 41 4:07.46 450 97
488 PAULL GEOFF M 47 4:08.19 451 52
489 GLASSPOOL DAVID M 27 4:08.45 452 145
490 DREYER NEVILLE M 46 4:08.50 453 53
491 ALBRECHT HERBERT M 65 4:08.53 454 2
492 OCONNOR ARTHUR M 21 4:09.07 455 146
493 EVANS CHRIS M 36 4:10.09 456 112
494 BOULTON LES M 43 4:10.19 457 98
495 BROWN GEOFF M 42 4:10.20 458 99
496 CHABREL DES M 46 4:10.33 459 54
497 ARNEL GORDON M 34 4:10.40 460 147
498 SCICLUNA FRANK M 42 4:10.51 461 100
499 HANNA FRANCIS M 27 4:10.54 463 149
500 HANNA SEAN M 34 4:10.54 462 148
501 ROYLE JOHN M 31 4:11.07 464 150
502 GULLIDGE DAVID M 39 4:11.13 465 113
503 MCCARTNEY STAN M 42 4:11.49 467 101
504 WALKER JOHN M 39 4:11.49 466 114
505 JAMES GARRY M 31 4:11.58 468 151
506 VICKERS JEFFREY M 38 4:12.22 469 115
507 SHAW JOHN M 37 4:12.38 470 116
508 KLOSE TREVOR M 39 4:13.09 471 117
509 MOUNTFORD DENNIS M 38 4:13.16 473 119
510 HANSFORD BRUCE M 39 4:13.16 472 118
511 NIEJALKE JON M 45 4:13.23 474 55
512 NICHOLSON HOWARD M 36 4:13.36 475 120
513 THORPE CHRIS M 29 4:13.54 476 152
514 SEARLE GRAEME M 52 4:13.56 477 29
515 FRASER JOAN F 39 4:14.27 38 8
516 OXLEY TREVOR M 36 4:14.37 478 121
517 KNOX LIBBY F 32 4:15.13 39 22
518 SAGAR GERRY M 38 4:15.36 479 122
519 MCNIBL DERMOTT M 33 4:15.50 480 153
520 TRUTWIN STEVE M 24 4:16.32 481 154
521 WHITEHEAD JULIE F 33 4:16.48 40 23
522 CRAIG ADRIAN M 42 4:16.57 482 102
523 SYLVESTER DAVID M 42 4:16.58 483 103
524 BRZEZINSKI GREGORY M 51 4:17.47 484 30
525 ALLEN DAVID M 30 4:18.16 485 155
526 RICH ALAN M 35 4:18.18 486 123
527 GREEN DAVID M 46 4:18.48 487 56
528 HOSKINSON REGINALD M 50 4:19.15 488 31
529 KEAN IAN M 32 4:19.33 489 156
530 FREETH LEONARD M 44 4:20.50 490 104
531 GRIGUOL TINA F 43 4:21.47 41 7
532 BAINES JOHN M 51 4:21.50 491 32
533 RIORDAN JOSEPH M 35 4:22.13 493 124
534 GRAHAM LACHLAN M 41 4:22.13 492 105
535 POLLARD GODFREY M 49 4:22.18 494 11
536 DAWSON PETER M 49 4:22.32 495 57
537 RICHARDSON GEOFF M 38 4:24.40 496 125
538 FEDOJUK PAT F 41 4:24.48 42 8
539 CHANDLER RAY M 37 4:24.48 497 126
540 PHILLIPS CLYDE M 49 4:25.08 498 58
541 APPLETON GRANT M 39 4:25.10 499 127
542 PHILLIPS MICK M 32 4:25.13 500 157
543 WOOLCOCK GRAHAM M 44 4:26.19 501 106
544 HOLT CARLIE F 45 4:26.19 43 3
545 TAIT MERRILYN F 39 4:26.26 44 9
546 JOHNSTON NORMAN M 51 4:26.26 502 33
547 MULDER MIA F 49 4:26.27 45 4

WHERE'S THE DOG'S NUMBER?

or The delights of the officials marathon

Swept along by the desire to "be in it too" the three of us decided in a momentary lapse into lunacy to run the officials marathon. Sheer coincidence that we had just had a first look at the Finisher medallion at a Marathon Committee meeting. (This some 3 weeks prior to the event, when our combined weekly mileage was hilariously short of the recommended quota for even one marathon runner). In our enthusiasm we managed to dragoon speedy General Manager, Des Foster, into joining us, on similar preparation.

Also lined up in the gloom at the 5am start was another Committee member, Max Griguol, and Club member Helen O'Connor, but since they both run 50k before breakfast most mornings, more or less, we thought they probably might break away from the 'pack'. And straining at the leash so to speak in the outside lane was Marco, Bronte's well-known running companion. We all worried a bit about whether Marco would go the distance but decided that he could retire into the back of Lyn's van if he showed signs of fatigue.

Course measurer Gary Nichols, woke the ducks with the starter's gun and away we went, and away he went to paint the km numbers around the course for the 'real' event next week. At 3k on Unley road we were complimenting ourselves on what a good morning we'd chosen; cold, still and overcast. Immediately, the rain began to bucket down and, soaked and bedraggled, we sloshed through water for the next 5-6k. Never mind, the rain slackened and Lyn, our saviour of the mobile drink station, welcomed us with drinks, music (Rocky, what else?), good cheer and lies about how great we looked. Along the Anzac Highway section we were plagued by a cold unfriendly wind but entertained by Des, who skipped around and ran backwards in front of us. This apparently is a skill perfected by football umpires, but by the time I thought to ask why (about 20k later) my brain had ceased to be able to grapple with the complexities of the answer so I never found out.

At the next drink stop, Lyn began to entice us onwards with jelly beans as well as good music, good cheer and the usual

compliments about our appearance. Without the benefit of his usual ice cream container Marco mastered the art of drinking water poured in a stream from a cup. (He knows the importance of regular fluid intake). At War Memorial Drive, true to her promise, Debra joined us to run the rest of the way, so now we were 4, and Marco. Des had surged off into the distance long ago.

Pretty buoyant still, running on the soft grass down Montefiore Hill we began to encounter early runners (wimps who hadn't started until 7am). Surprised to see our chest numbers they encouraged us with such witticisms as 'you're a week early, come back next week', and "where's the dog's number?"

Along the back of the zoo we valiantly resisted the pull leftwards to coffee and fruit salad at SARRC headquarters, consoling ourselves with fantasies of a vast Hackney breakfast at the end.

It began to get a bit harder at around 35k, and while David and Debra frolicked in and out of puddles splashing each other and Bronte made disconcerting sideways lurches as Marco pursued something interesting over there, I slogged on. We assured each other as we turned the corner into Greenhill Road that the worst was behind us: "it isn't far now" **(IT IS!)** "it's all downhill from here" **(IT ISN'T!)**. Then we fell into 'discussing' which turn right from Greenhill Road was the correct one. Lacking what's called 'reliable directional skills' I didn't feel qualified to offer a view, and anyway I'd stopped talking by now, I just hoped whichever was chosen would be a short cut. However, we stuck to the prescribed course and half way along Glen Osmond road one of our support group, lounging in chauffeured comfort, advised that Des wasn't too far in front and urged us to speed up for 1 or 2km to catch him.

I gave the suggestion serious and lengthy consideration but, being personally quite fond of Des, decided I didn't want to embarrass him by passing him. Apparently the others too were sensitive to his feelings because they didn't seem inclined to increase the pace either!

Roundabout South and East Terraces we encountered the Sunday pack runners on their way home; all seemed to me to be running at least at De Castella pace! Much encouragement from them and more lies about how terrific we looked.

By 38k I began to be convinced that only more jelly beans would get me to the finish line and I frantically searched for Lyn - where was she??? (Ministering to 3 sets of runners strung out along the course, she had missed us among the pack runners). I worried obsessively about the jelly beans for another 2k but decided at East Terrace I could probably crawl from there and even began to look forward to the downhill bit at Frome Road: my knees soon put me straight about that!

Nearly home, and half way along Victoria Drive there was Des waiting for us

- what a gentleman - well I think he was waiting for us although he did seem to be leaning rather thankfully against that post. Under the bridge to the cheering multitude of 7, (including Max, showered and dressed). Lyn and Gary had even procured from somewhere a finish tape for us to run through - oh miracle - completing the 10th Anniversary Festival City Marathon (Officials) together as planned.

And, oh yes, as it turned out we needn't have worried about Marco. Seeing the rest of his family beyond the finish line he took off like Carl Lewis for the last 100 metres and then for several minutes more proceeded to leap around and dash about in high glee. Bronte tells me he played basketball with the kids in the afternoon!!

AND THE (MEDAL) WINNERS were...

Des Foster	Marathon Committee and General Manager
Fay Nichols	Marathon Committee
David Sanders	Marathon Committee
Bronte Turner	Marathon Committee
and also	
Max Griguol	Marathon Committee and Ultra runner
Helen O'Connor	Long time Club member and ultra runner
and	
Marco Turner	Gordon Setter, Club member and invited elite runner

WITH EVERLASTING THANKS TO:

Lyn Lambert for	Marathon Committee Mobile Drink Station, providing Jelly Beans, and without whom we would have packed it in.
Gary Nichols for	Marathon Committee and SARRC Course Measurer, starting us off, and providing encouragement at unexpected places
Debra Thomson for	Club member, volunteer, and fast runner, running at half pace for a half marathon
Corinne Turner for	Club member, and support vehicle driver, cheering us up between authorised drink stops.
Matthew Turner for	Roving photographer, making us say 'cheese' when it was hard to, and providing well-intentioned but unsolicited advice on speed variance.
Ashley Turner for	making us forget our aches and feel good.

FAY NICHOLS



1988 TOYOTA FESTIVAL CITY MARATHON

RACE DIRECTORS REPORT

In the beginning, there was, in the city of Adelaide, in the land of the kangaroo, a tribe named "the Road Runners".

In this tribe were many people, from parts far and near of the earth, all of whom gave homage to the great god "HEALTH".

Throughout the year this tribe holds many festivals to uphold the traditions of their ancestors, which culminate in the greatest test of faith in the ceremony known as "MARATHON".

All through the year, people of the tribe strive for the honour of taking part in "MARATHON", for to complete the ritual brings great rewards.

Each Sunday, and for many hours on other days the tribe of "Road Runners" can be seen, dressed in ritual dress, softening up the ground to be used for "MARATHON". This they do by running many times over the same course, so that the pounding of their feet, the perspiration that falls from their bodies, and the smell of the unctions with which they anoint themselves will mark the route for the festival of "MARATHON".

To make sure that all the people who wish to, take part in "MARATHON", the tribe selects a body of elders to oversee the festival, and to ensure that the traditions are honoured; this body of elders holds the title of "THE COMMITTEE".

Each of these Auguste persons has a special function in the ritual, and so are known by titles that identify their status, which although it may seem to be high, as befits all Committee Members, is directly in proportion to the abuse heaped upon them by other members of the tribe.

And so it came to pass, in the year of 1988, in the reign of Bob Hawke, that the "MARATHON" was held.

The day selected for the festival, after much consultation by the tribal Guru's, with the assistance of the followers of the great god from the land of the rising sun "TOYOTA", was the 14th day of the month of Augustus when the omens showed

that the weather god would smile upon his tribe.

"THE COMMITTEE" was selected by the process of nominating elders who were away at the time, a method which ensures that there is no argument, each committee member being given a task far above that persons abilities, so that at the end of the festival, should something be amiss, the members of the tribe may gather and cast stones upon the miscreants.

"THE COMMITTEE" selected for 88us was as follows:

To direct the Committee, David "The Silver Fox" Glover (Shortsighted, a perfect example of the blind leading the blind).

Holding the Cash, Geoff "Treacle fingers" Davis (Just released - speciality, forgery and embezzlement).

Measuring the Course, Gary "You carry the paint pot" Nichols (The only member with a tape measure).

To gather the tribe, Bronte "Where is it" Turner and David "I though you had it" Sanders.

The finishing arena, David "bring on more christians" O'Donnell.

The pulpit for the great god "CLOCK", Brian "Big Ben" Chapman.

The stations of the course, Max "We haf ways of makink you drink" Griguol.

Admedsponawarpriz, Des "The giant" Foster.

The merchant of everything, Chris "Oliver, my boy" Acton.

Medical Health & Safety, Terry "Drink this my dear" Farquarson.

Slave labour, Ronda "She's a" Saint and Steve "No she aint" Higgins.

Finisher Services, Margaret "Its all done in the best possible taste" Thompson.

Special Acolyte attenders, Kevin "Ere's yer key" Lynch.

Adelaide's own, Graeme "Keys to the city" Young.

Wallopers Anonymous, John "Allo, Allo, Allo" Shepherd.

The mighty "Toyota", Wendy "Giggles" Morris and Graham "more bunting" Brown.

Head Clown, Peter "5DN pays well" Simes.

Head Scribe, Fay "Me pencil's broke" Nichols.

This fine body of upright!! citizens gathered on numerous occasions, amid mounds of offerings to appease their hunger and thirst, and did organize a mighty event, that hath pleased the multitude taking part.

From every corner of the land, the tribe has sent their congratulations and mighty are the prayers of thanks to the Committee, the weather god and all the slaves around the course.

To the constabulary and the keepers of the city parks, all praise to the members of

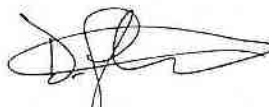
the order of St. John and unto the dispensers of linament, thanks also to the rulers of the airwaves, to the deliverers of water, food and drink, to those who provide comforts around the course and at the finish and those who made it all possible by parting with their hard earned coin.

The race director thanks you, all and sundry, for all your efforts, which have culminated in a very successful event.

All that is left is to count the cost, hoping we came out in front and start planning for the next one.

Last but not least, thank you Elizabeth and Maryanne for your patience, goodwill and cheerful good humour when all else is chaos.

DAVE "Thank God its over" GLOVER



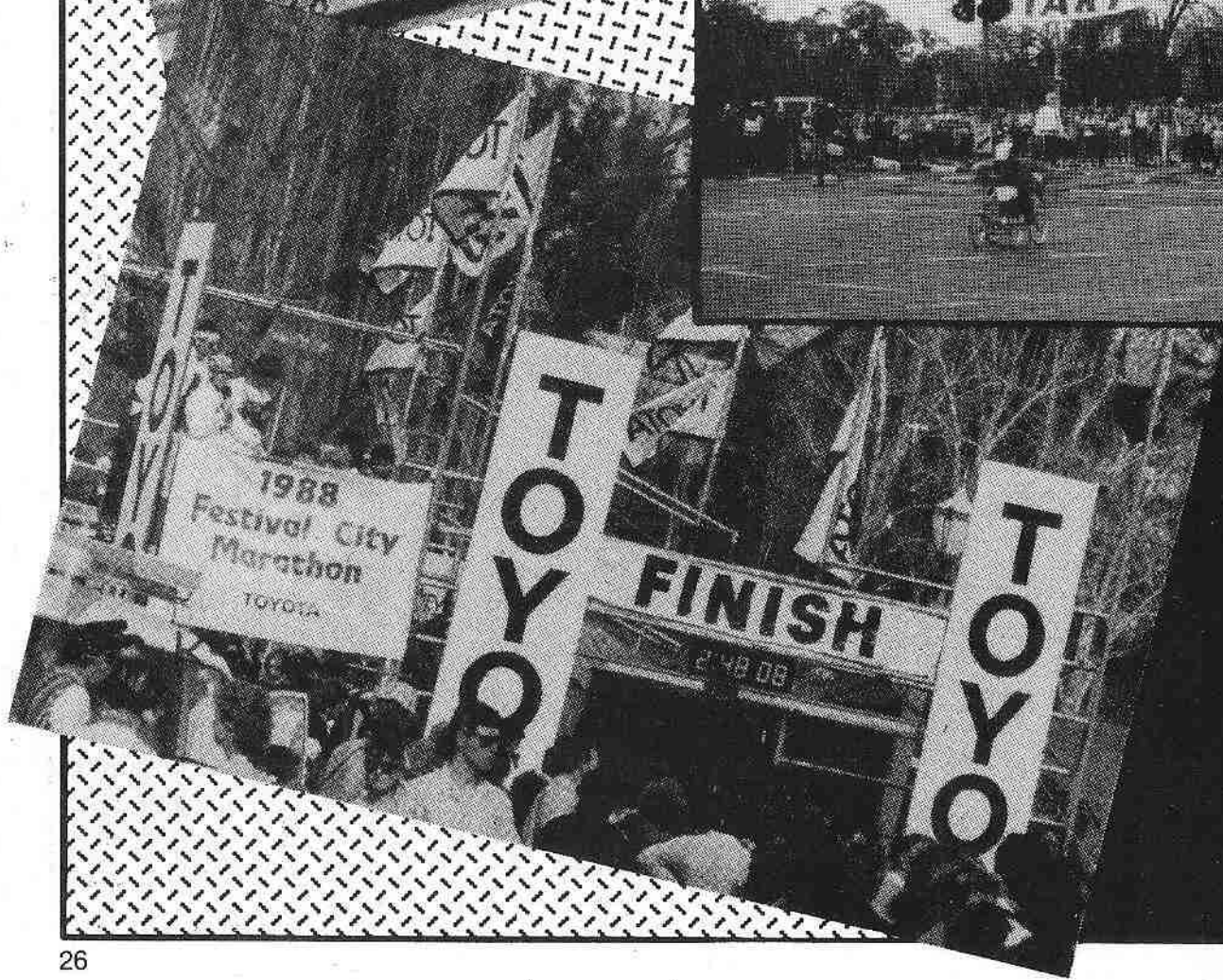
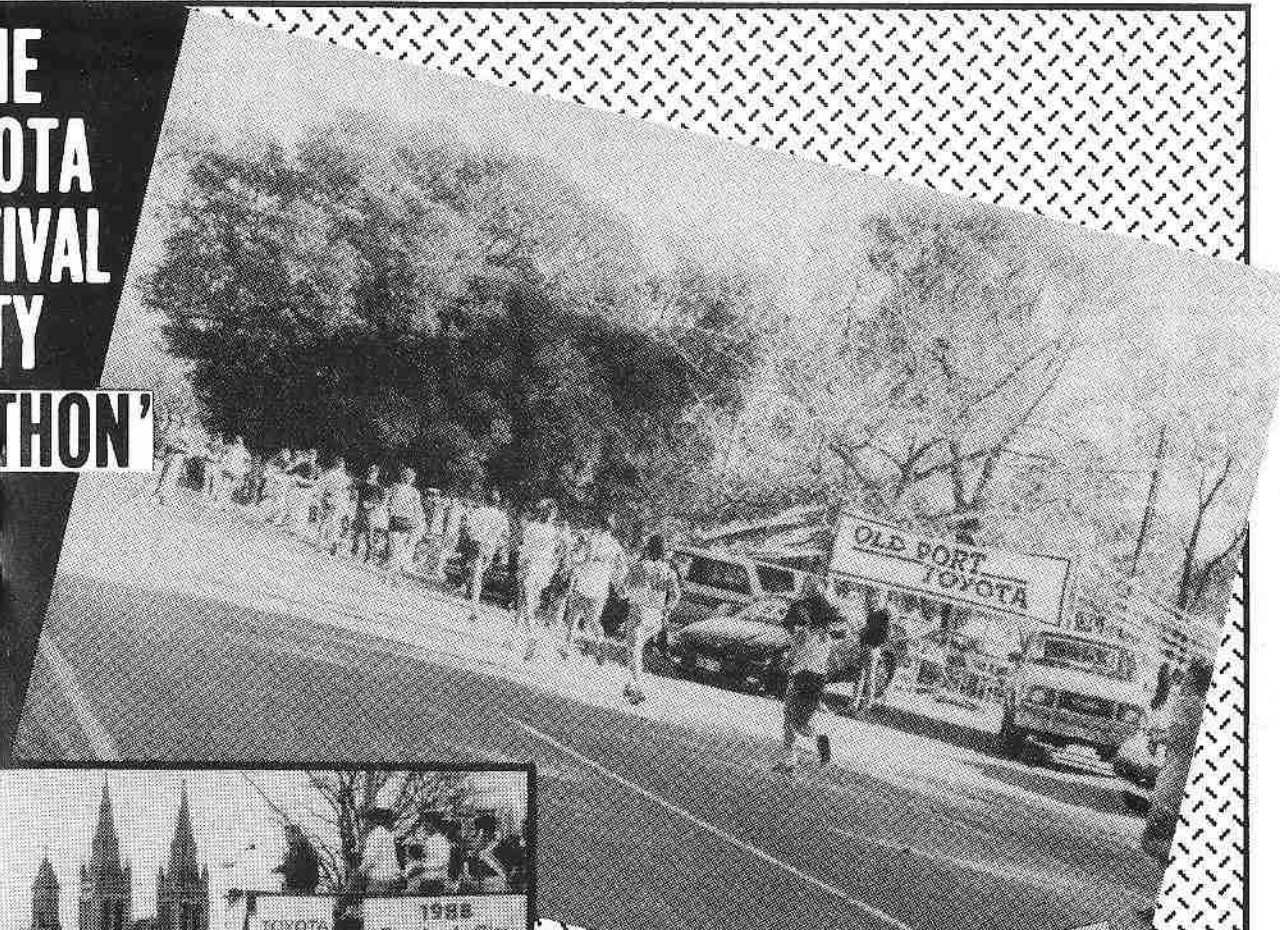
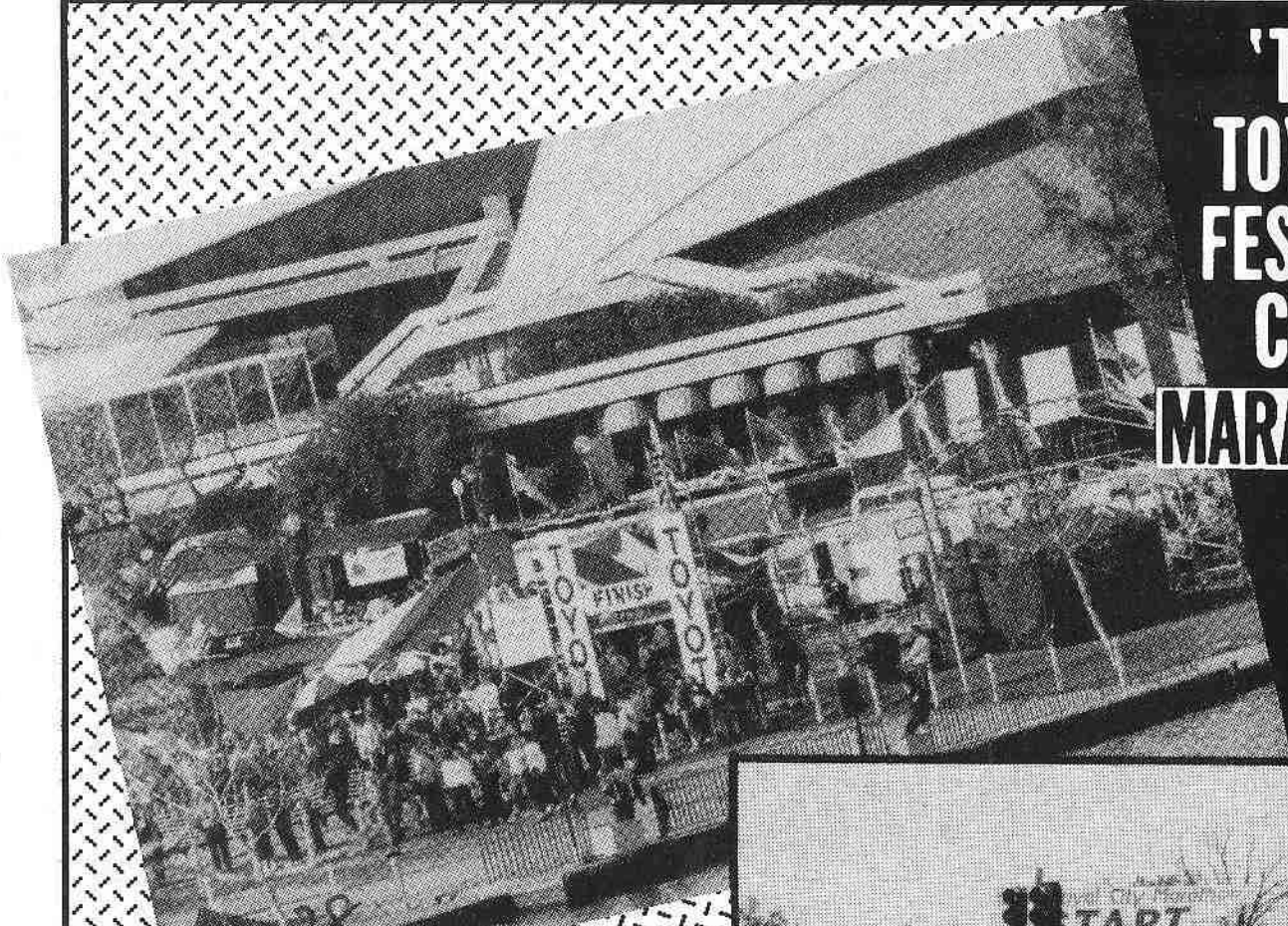
24/8/88

Race Director 1988



John Warnock General Manager Toyota with Des Foster and Chris Acton drawing the winning ticket of the SARRC Lottery.

'THE TOYOTA FESTIVAL CITY MARATHON'



THE PERFECT TENS WHO HAVE RUN ALL 10

FESTIVAL CITY MARATHONS

No.	1988 Time	Name	Age	Best Time	Year	Comment
1710	4.44.08	Peter Worley	42	2.59.30	1986	His only sub 3hr
1005	3.33.52	Peter Slagter	42	2.56.35	1983	His only sub 3hr
1222	3.52.30	John Murfitt	38	3.37.35	1985	
1130	3.14.42	Barry McDermott	44	3.10.15	1986	
1550	3.27.44	Ross Martin	58	3.02.06	1984	
1422	2.39.21	Ian Hill	34	2.29.12	1984	Youngest/ Fastest 8 sub 3hrs/*3.53
1015	4.39.24	David Groat	66	4.05.53	1980	Oldest
1174	2.58.42	Ken Graham	47	2.48.42	1983	6 sub 3hrs
1047	4.20.50	Leonard Freeth	44	3.27.30	1980	
1491	3.02.10	Allan Fox	44	2.48.28	1983	2 sub 3hrs
1144	3.22.11	Terry Buxton	49	3.04.33	1986	
1122	3.15.14	Terry Boswell	44	2.50.16	1983	First 4.42.55 6 sub 3hrs
1001	2.51.04	John Bannon	45	2.44.54	1983	All sub 3hrs except 1987
1002	3.32.08	John Auld	45	3.07.41	1984	
1164	4.42.46	Bruce Abrahams	48	3.23.47	1980	Incl. 7 officials

Marathon Race Director
1979-1985

'RUNNERS AT A DRINK STATION'



548	PINNINGTON	GRANT	M	28	4:26.40	503	158	614	BUXTON	TIM	M	30	4:44.49	557	171
549	WARREN	MARK	M	31	4:26.57	504	159	615	MACIVER	JUDY	F	35	4:45.17	58	17
550	KINGSTON	JANE	F	22	4:26.57	46	24	616	BARRY	TOM	M	68	4:46.05	558	5
551	POOLE	JOHN	M	49	4:27.07	505	59	617	CHARDON	CHRIS	M	39	4:46.06	559	138
552	SCOTT	DAVID	M	49	4:27.14	506	60	618	TRIGG	BILL	M	60	4:46.14	560	4
553	WILTON	MAT	M	34	4:27.20	507	160	619	BEWLEY	RIKKI	F	42	4:46.36	59	9
554	WATSON	ROY	M	27	4:27.30	508	161	620	KNIGHT	KEVIN	M	37	4:46.37	561	139
555	JORGENSEN	ALLAN	M	53	4:27.34	509	34	621	SAKARIA	RAJAN	M	18	4:47.06	562	7
556	NESBITT	GLEN	M	42	4:27.53	510	107	622	RASEK	RICHARD	M	36	4:47.12	563	140
557	NESBITT	CYNTHIA	F	39	4:27.53	47	10	623	STEWART	AVRIL	F	42	4:47.21	60	10
558	HOGG	LIBBY	F	35	4:28.03	48	11	624	MAC KECHNIE	DONALD	M	55	4:47.33	564	16
559	LILLISS	EDWARD	M	46	4:28.11	511	61	625	DICKER	LESLIE	M	47	4:48.08	565	68
560	STEPHENS	DANIEL	M	34	4:28.17	512	162	626	MOSS	DOUG	M	23	4:49.10	566	172
561	REBANE	FELIX	M	42	4:28.18	513	108	627	BREZOVSKIS	BETTY	F	31	4:50.52	61	27
562	TEE	GRAHAM	M	43	4:28.19	514	109	628	CLARK	JAN	F	39	4:51.07	62	18
563	BOND	KEVIN	M	38	4:28.27	515	128	629	KELTON	LEONARD	M	54	4:51.57	567	37
564	CHATTEN	BARRIE	M	55	4:28.32	516	12	630	CIBICH	JAN	F	35	4:52.26	63	19
565	WISHART	JOHN	M	42	4:28.34	517	110	631	STUART	RUSSELL	M	35	4:52.48	568	141
566	KILEY	JOHN	M	50	4:28.44	518	35	632	ELSWORTH	PATRICK	M	50	4:52.56	569	38
567	DUNKS	ERDNELE	M	32	4:28.48	519	163	633	ANGLEY	PAUL	M	29	4:52.57	570	173
568	AISTROPE	JANICE	F	46	4:29.14	49	5	634	BARDY	SUSAN	F	55	4:53.57	64	2
569	MASTERS	PETER	M	30	4:29.18	520	164	635	NICHOLS	FAY	F	48	4:54.02	65	6
570	BADCOCK	RICHARD	M	62	4:29.22	521	3	636	TURNER	BRONTE	M	39	4:54.02	571	143
571	COFFEY	BRIAN	M	41	4:29.24	522	111	637	SANDERS	DAVID	M	37	4:54.02	573	142
572	SCHMIDT	GERALD	M	34	4:30.54	524	165	638	FOSTER	DES	M	48	4:54.02	572	69
573	BONHAM	TREVOR	M	42	4:30.54	523	112	639	DOLAN	JOHN	M	44	4:55.30	574	119
574	EDWARDS	TERESA	F	26	4:31.06	50	25	640	ZAMPOGNA	PAUL	M	32	4:55.38	575	174
575	LINES	ROBERT	M	38	4:31.12	525	129	641	COOPER	RANDALL	M	29	4:56.53	576	175
576	GRAVES	CLEM	M	47	4:31.26	526	62	642	WALTON	IAN	M	34	4:58.42	577	176
577	HOGG	MICHAEL	M	36	4:31.26	527	130	643	CUMMINGS	ASHLEY	M	46	4:58.46	578	70
578	MCINTYRE	RAYMOND	M	40	4:31.31	528	113	644	SINNOTT	HENRY	M	66	5:00.09	579	6
579	MINNE	KEN	M	47	4:31.56	529	63	645	MUSCARA	JOE	M	30	5:01.23	580	177
580	WALTON	MARK	M	36	4:32.20	530	131	646	SPENCER	DONALD	M	58	5:02.53	581	17
581	MATCHETT	KEN	M	66	4:33.29	531	3	647	GLANCEY	KEITH	M	40	5:06.43	582	120
582	WITT	DERRICK	M	40	4:33.33	532	114	648	GLANCEY	MOLLY	F	39	5:06.43	66	20
583	BORROUGHS	GARTH	M	37	4:33.44	533	132	649	GLISSENAAR	RIA	F	37	5:07.11	67	21
584	TONGE	ALAN	M	55	4:34.02	534	13	650	MCCARTNEY	MARILYN	F	38	5:07.12	68	22
585	ARTHURSON	ANNE	F	38	4:34.17	51	12	651	SATCHELL	PAMELA	F	41	5:07.13	69	14
586	MACGREGOR	ROBERT	M	20	4:34.46	535	166	652	MOUNTSTEPHEN	DENNIS	M	38	5:08.49	584	111
587	GRIGUOL	MAX	M	45	4:35.00	536	64	653	KEMPLAY-HILL	MARK	M	25	5:08.49	583	178
588	GRYST	ROMA	F	37	4:35.39	52	13	654	TOBIN	ISOBEL	F	37	5:11.23	70	23
589	BRENNER	IAN	M	34	4:36.58	538	167	655	CHWIEJCZAK	DIANA	F	34	5:11.26	71	28
590	BEILES	BARRY	M	38	4:36.59	539	133	656	GREMMERT	HEINZ	M	35	5:12.23	585	145
591	GREEN	LAURENCE	M	40	4:36.59	537	115	657	FRANKCOM	KAYE	F	28	5:12.53	72	29
592	LOFTUS	WILLIAM	M	29	4:38.01	540	168	658	CLARK	GARY	M	29	5:12.53	586	179
593	FOOTNER	HALINA	F	39	4:38.34	53	14	659	MORRISSEY	JOHN	M	74	5:16.53	587	1
594	CHWIEJCZAK	JOZEF	M	47	4:39.01	541	65	660	BROWN	BILL	M	43	5:19.49	588	121
595	GROAT	DAVID	M	66	4:39.24	542	4	661	SPRATT	VICKI	F	32	5:24.15	73	30
596	RIGTER	EDDIE	M	49	4:39.31	543	68	662	WALTON	DONALD	M	55	5:27.25	589	18
597	BELL	INEKE	F	36	4:40.13	54	15	663	MALPASS	ALAN	M	42	5:31.47	590	122
598	VAIN SAR	ANN	F	38	4:40.15	55	16	664	KUEHN	DIETER	M	35	5:38.50	591	146
599	DALEY	NORM	M	41	4:40.19	544	118	665	GREENROD	PATRICK	M	42	5:40.15	592	123
600	DODD	JOHN	M	37	4:40.23	545	134	666	EGAN	STEPHEN	M	29	5:41.32	593	180
601	JOY	ALLAN	M	35	4:40.34	546	135	667	WALLAGE	DAVID	M	46	5:41.45	594	71
602	ROBERTS	RAYMOND	M	55	4:40.39	547	14	668	SELWAY	RICK	M	30	5:42.12	595	181
603	MEEKINS	ANTHONY	M	36	4:40.42	548	136	669	WILLIAMS	HOWARD	M	40	5:43.20	596	124
604	WATKINS	LEO	M	54	4:40.49	549	36	670	SHARPE	SHARON	F	41	5:43.41	74	12
605	BANDT	WAYNE	M	31	4:40.54	550	169	671	JAMES	JAMES	M	49	5:54.39	597	72
606	HOGAN	COLIN	M	33	4:41.01	551	170	672	TRENGOVE	COLIN	M	50	5:56.11	598	39
607	WRIGHT	BARRIE	M	44	4:41.10	552	117	673	WILSON	LYNETTE	F	50	5:58.13	75	1
608	WATERS	ROGER	M	42	4:41.18	553	118	674	WHITE	PRINCE	M	54	5:58.40	599	40
609	WILLSON	HEATHER	F	23	4:41.20	56	26	675	MIRANDA	MARGARET	F	44	6:14.46	76	13
610	ABRAHAMS	BRUCE	M	48	4:42.46	554	67	676	BENSON	CAROLYN	F	41	6:16.53	77	14
611	ENGLISH	ROBIN	M	36	4:42.56	555	137	677	BAKER	ERIC	M	68	6:22.34	600	7
612	SHARPE	JOHN	M	57	4:43.41	556	15	678	CROTTY	DICK	M	58	7:10.14	601	19
613	ROBERTS	JOSIE	F	55	4:44.40	57	1	679	PEARCE	LESLEY	F	41	8:05.50	78	15

WHEELCHAIR DIVISION

POSN	NAME	GENDER	AGE	TIME	POSN	AGE CATG
1	LETCH	MIKE	M	39	2:37.09	1 1

CLUB MEMBER — FIRST MARATHON

TINA GRIGUOL TROPHY

Trudy McDonald 3.35:59

MAX GRIGUOL TROPHY

David Waters 2.59:03

THE RUNNERS VIEW —

Dear Organisers,

May I say once again what a great time I enjoyed in Adelaide over "Festival City Marathon" weekend, made more memorable by the fact that I actually managed to win the race for the second time!

21 weeks ago, after 16 weeks of not running a metre, (through injury), though swimming plenty. I set my sights on the 10th Festival City Marathon (and my 5th).

During the 21 weeks, my programme generally followed a course that I had planned, with the final 12 weeks averaging 110 miles per week. At its conclusion though, I felt a little "underdone", having had only a handful of races and less quality work than I usually hoped for.

However, I was still quite confident especially after my morale boosting win, against difficult odds, last year. Obviously 1986 winner and long time leader in 1987, PETER BOURGAIZE, would again be the biggest danger, with my major objective being to stick a little closer to him this year, and not allow him the luxury of a 500 metre break!

The Lord Mayor's reception on Friday evening was a pleasant occasion, and a recognition of the importance of the Festival City Marathon in Adelaide. This was followed by another first class carbo-loading party at the Latvian Hall. Lots of friends (old and new), good food, good company, good presentation (as usual), and a great little speech by HERB ELLIOTT, which surely got us all thinking.

I especially liked Herb's point that mental toughness is developed by refusing to rationalise and concede to one's instincts to take the easy way out, even though no one else may be aware of it.

On Saturday, race eve, I actually broke a golden rule of recent years, to refrain from running at all on the day before a Marathon.

However, having spine bashed all day, and gone through the (yet again) agonising experience of watching my beloved Demons (for the ignorant, Melbourne Football Club of the VFL, where they play real football) crash again, on the box, I needed some fresh air and exercise!

I tend to be somewhat anti-social on

Marathon eve anyway, so spending the day doing absolutely nothing, in my own company, was quite relaxing. A few hours sleep on Saturday night was about par for the course, but a windy Sunday morning greeted me at 5.00 a.m. As well, it seemed likely that the dawn may bring warmer than usual sunshine.

As I sat on a park bench outside Adelaide Oval, with 30 minutes to start time, it occurred to me that only on such an occasion could one see so many obviously nervous people, with so many hopes resting on the efforts of the next few hours, after so many hours of preparation. Probably quite fascinating if you're not one of them!

After the usual razzamatazz of the start, we were away, and before long there were just three of us up front - myself, Peter Bourgaize, and an unknown (to me) runner. Later I was to find out it was a Victorian named Donald, so the leading pack was Donald, Duck and Bourgaize!

I soon realized that, in the swirling wind, times were not likely to be fast, and so I decided to concentrate purely on winning the race. Even with a tail wind down Anzac Highway, it wasn't fast, and on turning back into the wind, we slowed right down. However, I was determined that I would not make myself "the bunny" who took the wind, so I was quite content to sit in behind, follow a few zig zags if necessary, be patient and wait for a change of direction.

It seemed that Donald was having problems making up ground after drink stations and surges, so it was no surprise when he dropped off the pace after the 24 kilometre mark. Bourgaize was striding out with me, but on the second of the series of hills, around 26kms, he quickly dropped behind, and I was on my own - feeling okay but not great.

From then on, it was simply (!) a matter of keeping things under control, not doing anything silly and ensuring a win. I certainly did not "flog" myself to the finish but my final time was rather disappointing. However, a win is a win, and it was achieved by running a good tactical race in the conditions, I felt, at the expense of a fast time.

I pulled up fairly well after the race, with all toes reasonably intact, and not much leg soreness, so that I am confident of

running a lot faster in the Melbourne Marathon in 8 weeks time.

Post race activities were once again sociable and very pleasant and I came home with not quite the elation of last year, but with satisfaction that I'd been able to win again and memories of a really good weekend.

Thank you S.A.R.R.C. for your continuing friendship and support, and a great race. I feel Adelaide is my second home!

See you all in 1989.

JOHN DUCK
Marathon Winner - Trafalgar, Vic.

Dear Organisers,

Our Club wishes to congratulate your Marathon Committee on its organisation of the Toyota Festival City Marathon.

You may or may not be aware, that our Club provided 10 officials (marshalls) on the day. The members thoroughly enjoyed themselves and were very happy to assist.

Five of our members ran in the event also and said the organisation was exceptional.

There were a few complaints from the earlier runners regarding the lack of drink stations early in the run as they were not set up in time.

I also left some entry forms for the forthcoming West End Ironman Triathlon which our Club is officiating at and I am Race Directing, I will leave a supply at the office for the members on Sunday mornings.

Yours sincerely,
TREVOR MILLER
Honorary Secretary
Barossa Fitness Club Inc.

Dear Organisers,

After 5 years of involvement in the organisation of the Festival City Marathon it seemed the only way I was going to get out of being involved in the organisation was to run in the Marathon myself. It was interesting, to say the least, to see things from the other side and I am writing to congratulate you and your team for the splendid effort you all mounted.

The start arrangements could not be faulted and the on-course drink stations were superb, but I didn't seem to be able to find any kilometre markers between 8km and half-way. It would also have been appreciated if you had better

arrangements about the wind on Anzac Highway!

I was on schedule for my 3 and a half hour target at 29k, but something in the air under the City Bridge meant that I went in one side feeling fresh and confident and came out into the sun at the other side wishing it were only a 30km run - I lost 6 and a half minutes in that last 13k and in the end felt grateful even to finish! I was oblivious to Chris Acton's comments as he called me - Bronte Turner helped me through the chutes, but what he said and what I replied are a mystery to me. When I started feeling well enough to eat breakfast I was disappointed to find that hamburgers and sausages were the only things available (all the cereal having already gone) - can the roast potatoes be made a permanent feature of the Finish Area food services please?

The police and the marshalls round the course were friendly and helpful. The marshalls were evidently overstretched, however, and it was disappointing that more Club Members who were not running did not see fit to come forward to assist.

Another tremendous Festival City Marathon 'in the can'. I have found it exciting to have been involved in the organisation for so many years and now to have run it too has added a new dimension to it all. Congratulations SARRC!

Yours sincerely,
BRIAN GOODHIND
Eden Hills

Dear Organisers,

This is a somewhat late note to thank you for the well organised Festival City Marathon. Well done!

I come from Melbourne and was a late entrant. I was not too sure whether I would beat injuries and manage to run. I am an accountant and this is the busiest period of the year for me with tax, etc. I run with a group of guys from Melbourne who call themselves the Western Road Runners. The lads come from all walks of life and this was my first run with them. They all commented on the great organisation, the massuers, the announcer, cleanliness of the city, etc.

To summarise, I would like to mention the positives and recommendations (minor) as follows:-

CONT. PAGE 33

POSITIVES

- * Run at right time of year (not too hot).
- * Good scenic course - it's a great way to see the city.
- * Cleanliness of the city, streets, lack of graffiti.
- * Good surface most of the way.
- * Plenty of drink stations, etc.
- * Good post Marathon organisation.

RECOMMENDATIONS

- * Maybe a few more time calls along the way.
- * Seek more audience participation (e.g. get one of the Chappell's to start the race outside Victor Richardson Gates).

Best regards,

DESMOND MINOGUE

Victoria

Dear Organisers,

I write to express my appreciation concerning the excellent organization of the 10th Festival City Marathon of 1988.

I realize many people were responsible; the hard core people of the S.A.R.R.C. plus the police and first aid authorities etc. make of course an obviously important contribution, and I would personally like to say "THANK YOU" to them for doing so - most efficiently.

In addition I would like to comment as to the faithful, loyal, and very patient people, the orange jacketed marshalls, manning the important focal, and progress, and the distance, turning points of the Marathon course itself. The many outposts, from the busy centre of activities of the finish area.

As just a very average person, taking part and finishing, as usual, way back in the field and hoping sunset and darkness would not overtake me, I would most seriously like to say "THANK YOU" to those faithful, loyal and very very patient marshalls, along the way who still had a cheery kind word of encouragement for me as I **finally passed by** on the slow way to the finish line, but more importantly I know they stood their ground until all had passed by.

The strength of the Adelaide Festival City Marathon, comes down, really, to the many efficient volunteers who do their job to make it all happen.

To Des Foster and his crew, I wish you good luck, and continued success for many more Adelaide Festival City Marathons.

ERIC A. BAKER

Happy Valley

Dear Organisers,

Just a note to thank you for your welcome to Adelaide, it was most appreciated. Coming to a new city not knowing anyone made it doubly enjoyable.

I have had time to explore many parts of Adelaide, and envy you the many things you have here, particularly the blending of the old and the new, and the use that is made of your beautiful parks.

For what it's worth, your Marathon and its organisation must be ranked among the best I've come across, when added to the friendliness I found, it made it exceptional. I enjoyed every minute of it (even when I was dead-meat at about mile 24, but we are all masochists to a point). I hope I have another opportunity to come again.

Once again my thanks.

JOHN RICHARDSON

New Westminster, Canada

Dear Organisers,

I had the pleasure (or pain?) of running in the Marathon on Sunday 14th August and just wanted to say how much I appreciated the efforts of your whole club on the day. The organisation was magnificent everything one could have hoped for (and more). All the course officials and helpers were terrific along the whole course.

After soreness goes and my time is forgotten well and truly, it's the people running the event that I'll remember in years to come.

PETER HERBERT - ROYSTON PARK

Dear Organisers,

Would you please forward to the Committee, office staff, members and other helpers my very sincere thanks for another well organised event last Sunday. You even got the weather right!

I was the slowest competitor on the course on Sunday and I do apologise for keeping everyone waiting but it was lovely to see the friendly smiling faces at the finishing line and receive the medallion.

Also, many thanks to the Toyota people who staffed the numerous drink stations. Unfortunately several had closed on the last section before I got to them but the people at the very last drink station waited very patiently for me and gave me the encouragement to go on and finish.

I really did learn the hard way that it is necessary to do lots of training. I've completed 2 Festival City Marathons before so was a bit blase about training especially as I don't get much time now I'm back at work again.

After limping round on Sunday and being very sore afterwards I've decided this is my last Marathon until I can fit in more training.

Anyway, sincere thanks once again for a job well done!

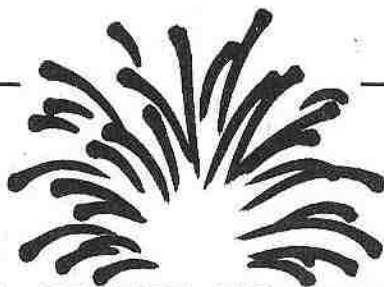
LESLEY PEARCE
Club Member - Lameroo

Dear Organisers,

I entered and completed my first Festival City Marathon last weekend and was highly impressed by the level of organisation under which the event was staged.

My congratulations go to you and all the other people involved in the Marathon's success, I couldn't fault anything.

STEVE TRUTWIN
Podiatrist - Newton



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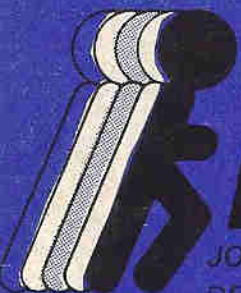
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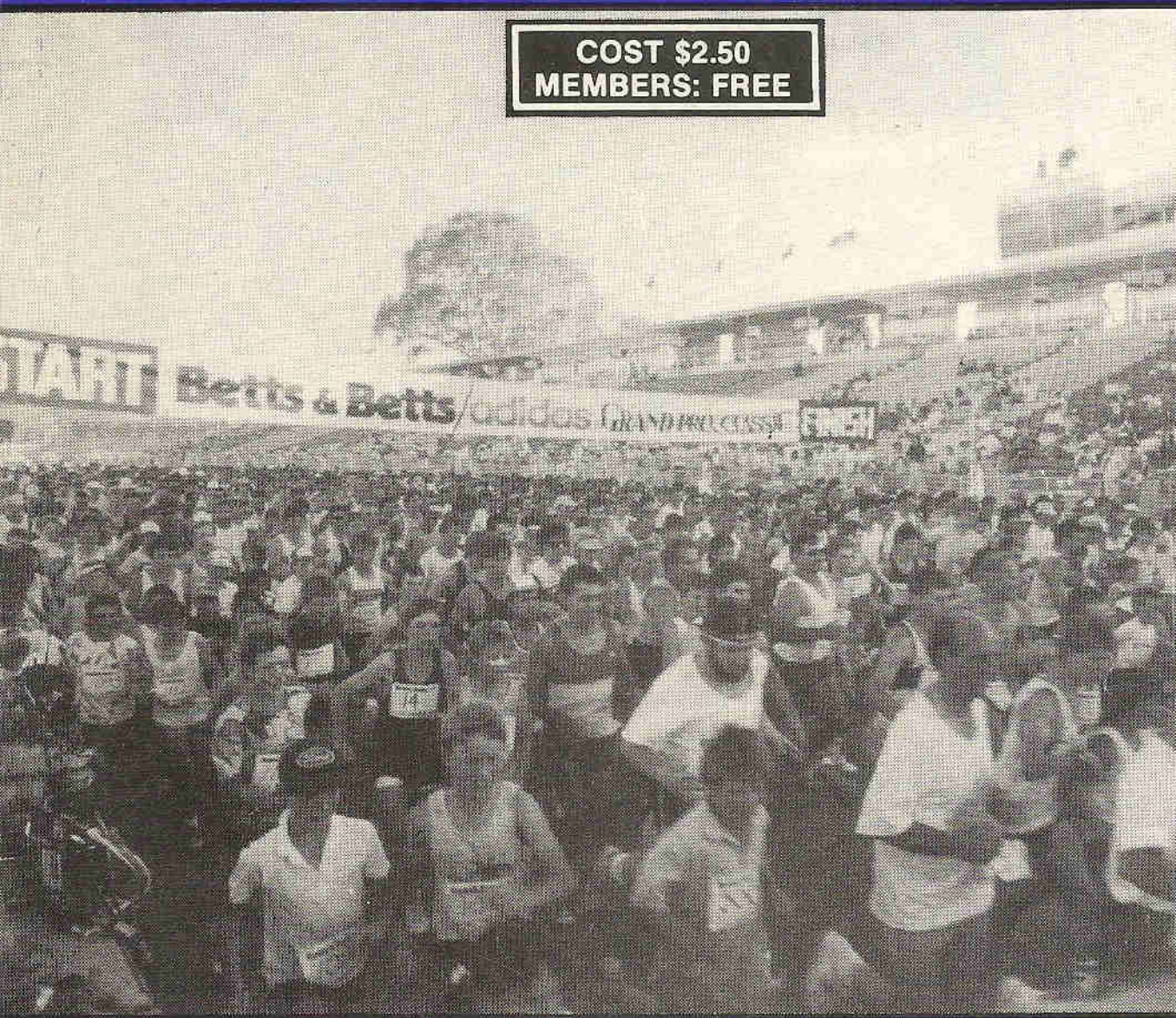
SOUTH AUSTRALIA



RUNNING

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DECEMBER 1988 Registered Australian Post Publication No. SBO1998

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MEMBERS: FREE**



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TOYOTA SPONSORSHIP

We are pleased to announce major sponsorship of the GREENBELT HALF MARATHON and FESTIVAL CITY MARATHON for 1989 by TOYOTA.

This is the second consecutive year that TOYOTA have sponsored our two major events and indeed this is the first time in the history of the Club, that a major sponsor has been involved in consecutive years with both events.

The sponsorship is the largest cash agreement made with any sponsor in the Club's history.

TOYOTA made a significant contribution to both events in 1988, not only in dollar terms, but in having made a major contribution on both race committees by GRAHAM BROWN and WENDY MORRIS.

TOYOTA'S South Australian General Manager, Mr. John Warnock at a recent

meeting with the Club President, David O'Donnell and General Manager, Des Foster, made an even stronger commitment by TOYOTA and their dealerships to both events in 1989.

Mr. Warnock has invited the Club to have two representatives on the TOYOTA events promotional committee in David and Des.

Mr. Warnock and Promotions Manager, Graham Brown will represent TOYOTA on both race committees which are being formed at the moment.

With club race management expertise and the professional promotion and management support of TOYOTA the 1989 TOYOTA GREENBELT HALF MARATHON and TOYOTA FESTIVAL CITY MARATHON should be the best ever conducted by the Club.

EVENT DATES

Toyota Greenbelt Half Marathon
SUNDAY 7th MAY

Toyota Festival City Marathon
SUNDAY 13th AUGUST



Club President David O'Donnell (left) after signing the 1989 Toyota sponsorship agreement with Toyota General Manager John Warnock (Right). Toyota Promotions Manager Graham Brown looks on.

"UP FRONT"

by Kangaroo Chapman reporting from Stockholm

LISA MARTIN confirmed her status as South Australia's top marathon runner, male or female, with a brilliant silver medal winning performance at the Olympics. Whether she retains that position for the rest of 1988 depends on PETER BRETT's time at New York in November. But currently her 2.23.51 earlier this year in Japan still heads the S.A. ranking lists and her 2.25.52 in Seoul may even be number two certainly she is placed to become the sport's next "legend" (like Waitz, Benoit and Co.) by dominating it's major events over the next six years. She has youth on her side whereas Mota is into her thirties and has political problems with the Portugese Federation, Waitz is struggling for form after a pre Olympic knee operation, Kristianssen had to abort her Games 10,000m bid when her legs packed up, and Benoit's priority seems to be her family.

MARTIN'S leadup to the Games was ideal and included a Commonwealth record Half Marathon at Gold Coast (69.43) a record smashing victory in Sydney's 14km City to Surf (45.45) and a National Title 15km win on Canberra's windy circuit (50.49). Her 47kg frame continues to churn out 160kpw with no signs of cracking.

BRETT, himself, has etched a place on the European Circuit by basing himself in Vastervik, Sweden, and taking on the best Scandinavians and various Africans operating from Stockholm.

A near PB 13.48 for 5km highlighted his brief track campaign followed by solid performances at Odense's Half Marathon (PB 63.50 behind Dane Zacchariasen and Zimbabwe's Mandebele) and Copenhagen's international 10km (40 seconds behind Britain's McLeod).

The real breakthrough came in the Enhorna 15km, South West of Stockholm, when BRETT led Olympic Silver Medallist NYAMBUI (Tanzania) for all but 3km of the hilly circuit. His 44.31 runner up time was a mere 8 seconds adrift of the favourite, but sufficient to blow away Africans Chelegloe and Ngagata, Britain's-Jenkins and Swede Engholm. Moreover it came less than 20 hours after an 8.58 relay leg (distance 3.3km) which BRETT contested within a team called "FLYING KANGAROOS".

Significantly none of the other top runners took part preferring to save themselves for the 15km.

His final hitout before New York was the Lidingo Loppet, the world's biggest cross country event. Almost 30,000 ran the very tough 30km course which follows two metre wide forest trails most of the way. Though swamped by a false starting "wave" of 2000 at the beginning (organisers have to set the field off in "waves" of 1000 every 5 minutes). BRETT worked his way up to ninth with a time of 1.40.26.

YOLANDA BUDICH was the other international performer, falling victim to a heat wave at the World Junior Titles in Canada. Her 38.42 time for 10km came in a race which saw seven girls drop out and three hospitalised. Returning home, she showed that was no indication of her ability by successfully defending her S.A. Cross Country Title (4km in 14.35) and winning the Colonnades 10km (and \$400.00) with 36.19 on the National scene.

NICK BROWN showed the virtue of light racing by starring at the Australian 15km Championship in Canberra (7th place). S.A. had it's best showing since taking gold in 1983 as ALAN CARMAN placed 11th and JIM MACK 14th.

CARMAN'S status as S.A.'s newest force in distance running was underlined by state title victories in the Half Marathon (66.37) and Oakbank 12km cross country (record 38.05). His 80 second winning margin in the latter was one of history's widest. The only "blemish" in the 20 year older's late season record was a second placing in the City Bay to international GRENVILLE WOOD.

The ability of WOOD and Australian steeple rep. GARY ZEUNER (first in an "all in" winter premiership 3000m, 8.24) to produce the odd outstanding performance is one major factor in the competitive healthiness of the S.A. scene. The newer stars are finding it very difficult to seize unchallenged their predecessors' crowns. Ironically it is the ability of the older runners to maintain a hard pace finished off by a lethal kickdown that the younger runners are finding difficult in matching.

One runner taking exotic steps to find the magic elixir is BEN PHILLIPS currently training with Kenyan guru Kip Koskei at Eldoret in the Rift Valley, 3 hours north-west and 2000 metres above NAIROBI.

PHILLIPS was 60th at Sweden's Lidingo Loppet — only BRETT, olympic silver medallist QUAX and a forgotten orienteer (16th in 1977) have done better among Australasians. PHILLIPS joins BRETT on contract with Enhorna I.F. to run in the European (Cross Country) Cup and other races next year.

Locally IAN HILL's great Festival City Marathon effort in unfavourable conditions was an inspiration for those hoping that consistent, determined, hard work reaps rewards. First residential finisher at Festival City Marathon is second only to victory in the State Marathon as an honour in the 42km stakes. Other seniors who impressed late in the season were WARREN PARTLAND (State Cross Country runner up), DAVID DOWD (winner of the Veterans "open" 10km, 31.22), JOHN LISIEWICZ (3000m PB 8.26, second in Western District v Glenhantly (Vic) Cross Country match at Wirrina) and DEREK GREEN (3000m PB 8.29).

DARREN ABBOTT is the hottest junior prospect with his off season 3.56/8.26 times for 1500/3000 being well in range of MARK ARENS venerated junior records. RICK MUMFORD (U20), NATHAN SCHUMACHER (U18), BRETT CARTWRIGHT (U16) and new face MARK TAYLOR (U14) won the various age group cross country titles at Oakbank while DAVID GERRARD's 4.13/8.50 track times showed him to be in shape for a good summer season.

DAVE PATTERSON got on top of his gluteus/hamstring stiffness to lead the veterans in the State Half Marathon (71.01) while tough DENNIS BECK was first over 40 in the S.A. 12km Cross Country. JOHN BURNELL 43, won his fourth straight veterans Host Day 10km (34.33), though the second placing of former State Marathon representative TOM MARSHALL was noted by those with a memory.

The S.A. women's scene was highlighted by the emergence of two highly respected, quiet achievers who have trained consistently for several years without breaking through.

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Veteran aerobics instructor MOLLIE WHITEHORN dipped under 3 hours at Festival City Marathon to win by 3 minutes and capture a rare double. (State Marathon, Festival City Marathon).

JO MARCH a regular top 10 placegetter in S.A.R.R.C. races for years, caused a boilover at City Bay, winning in 42.53.

COLLEEN MORIARTYS 17.53 performance in the Veterans Host Day 5km augurs well for summer track. One of her opponents was City Bay legend MAUREEN MOYLE, currently mounting a comeback.

KIRSTY LONGFORD (U14), MEREDITH RYAN (U16), SUZI THOMPSON

(U18) and MICHELLE REED (U20) were all impressive age group champions at the State Cross Country Titles, with LONGFORD'S 4.55/10.18 (PB) track double especially noteworthy.

Finally the continuing fine form of Veteran MARGARET McINTOSH (State Cross Country over 35 Champ) was a pleasure to see, especially for those of us who remember her, as MARGARET VERCOE, winning junior titles before man had set foot on the moon.

BRIAN CHAPMAN
IN STOCKHOLM.



A group celebrating at the Gold Coast Marathon (L. to R.) Trody Fenton, Joe Petkovic, Lisa Martin, Tony O'Neill, Jane Abdilla and Bob Ansell.

BEAT THE HEAT

With summer approaching avoiding heat stress and poor performance by adequate fluid replacement should be part of preparation for Summer sport and activity.

Playing in hot weather will result in fluid loss — that is, dehydration. Even small degrees of dehydration will cause a decrease in performance and this will occur in the later stages of a match when performance is most important. Dehydration causes fatigue and makes a player more susceptible to cramps, heat injury and heat stroke.

"Beat the heat" using the following measures —

1. Wear **LIGHT** clothing. — light in colour and light in weight.
2. Drink plenty of **WATER**.
 - a) sweat is mainly water and very little salt — therefore salt replacement is not necessary and will actually make dehydration worse.
 - b) Drink cold water — it is absorbed more rapidly than warm water.
 - c) if electrolyte solutions are preferred dilute them with water at least by 2 or 3 times.
 - b) thirst is a very late signal and indicates severe fluid loss. **DO NOT WAIT** to feel thirsty before you drink.
3. A suggested fluid replacement routine is,
 - a) Drink 250ml every 20 minutes during a game.

- b) Drink 5-6 glasses after a game.
- c) Drink 500ml half an hour to one hour before a game if temperature is over 30 degrees.

4. **ASSESS** your fluid requirements by weighing yourself before and after a game.

1kg lost equals 1 litre of fluid lost.
2kg lost equals 2 litres of fluid lost, etc.

If you have lost weight, increase the amount you drink throughout the game the next time you play.

If you lose 5% of your body weight (e.g. 3.5kg if your weight is 70kg) serious heat injury can occur.

Some symptoms of heat injury or heat stroke are fatigue, nausea, headache, confusion and lightheadedness. These indicate you should stop, drink more fluids and cool down. Also remember to keep an eye on your partner or teammates who may not realise they are suffering from dehydration or heat stress.

During summer it is also a good plan to wear a hat or visor and sunscreen to prevent skin damage and skin cancer.

Dehydration, heat and sun injuries can be prevented and should be part of a players pre-game plan, so "Beat the Heat" and win the point.

DR. GREG LOVELL
SOUTH AUSTRALIAN SPORTS
MEDICINE CENTRE





FOOTNOTES

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

AUSTRALIA'S LARGEST RUNNERS CLUB

NEWSLETTER No. 45

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Publication No. SBH0729

OCTOBER 1988

TOYOTA FESTIVAL CITY MARATHON

The Marathon has now been and gone and the office is holding prepaid Finisher Singlets and Souvenir Outfits and Finisher Photographs.

If you have prepaid any Marathon Merchandise please come in and collect it from the office.

Again this year the Muscular Dystrophy Association raised money in conjunction with the Marathon. All entrants participating were included in a lucky draw for a trip to the 1989 London Marathon.

The winner was S.A.R.R.C. Member, Mike Coad from Murray Bridge.

BETTS & BETTS/adidas GRAND PRIX CLASSIC

Lisa Martin, Seoul Silver Medalist will be lining up on Saturday 12th November at the Grand Prix track with the other 3,000 plus entrants.

Entries are "pouring" into the office, and planning for the event is in the final stages so don't miss out, post or deliver your entry today!

A Souvenir T-Shirt is on sale at our office, Sunday Training and at Betts & Betts stores.

MEMBERSHIP

Membership renewal accounts for 1988-1989 were posted to all members in the last posting of S.A. Running. If you have not renewed your membership please detach the top portion of the account and forward it with your payment as soon as possible, as payment was due on September 30, 1988.

This will be the last publication sent to 1987-1988 members and they will be considered unfinancial as at October 31st, 1988.

The benefits of membership of the South Australian Road Runners Club are many. It has been ascertained that your membership in dollars is probably triple the membership fees presently charged.

FULL MEMBER	\$25.00
ASSOCIATE MEMBER	\$15.00
COUNTRY MEMBER	\$10.00

By renewing your membership with the Club, it will ensure that you continue to receive the following:

- * Reduced entry fees into all S.A.R.R.C. events.
- * 25% discount at the Smith & Weston Store in Grenfell Street.
- * Four copies per year of the Club's publications S.A. Running and Footnotes.
- * Training facilities.
- * Forums
- * The Adelaide Plan, Training Calendar ...

THE BUDGET MELBOURNE MARATHON

S.A.R.R.C. members competed most successfully in the recently held Melbourne Marathon.

In the first six women, 3 were S.A.R.R.C. Members!!

3rd	Trudy Fenton	2:53.09
5th	Mollie Whitehorn	2:56.47
6th	Candi Charles	2:58.30

Both Mollie and Candi ran PB's!!

South Australian men who finished in the top division were,

8th	GARY ZUENER	2:26:20
11th	Joe Petkovic	2:27:22
21st	Michael Bertelsmeier	2:30:44

THE PCG WOMEN'S 5/10KM CLASSIC

This year the Women's Classic has a new sponsor and will also include a 5km event.

PCG, Physical Care Group, Physiotherapists are the new sponsors of the Classic. The Club were delighted to be able to obtain sponsorship from a group which will certainly assist our members. It is hoped a marquee will be available on the day for any injury treatment or advice.

It is the intention of the organisers that the addition of the 5km event will encourage more women to enter and enjoy a walk, jog or run around the scenic circuit at North Adelaide with a guaranteed fast finish down Frome Road.

MAS PENANG MARATHON

The Club was again approached to send a representative to the Penang Marathon, on October 9th, 1988.

Kaye Moncrieff represented the Club, and successfully ran the Marathon finishing 5th (3hrs 35 minutes) in the womens division.

While Kaye was in Penang, she took the opportunity to talk to race organisers and observe their start/finish procedures and general organisation. Kaye has returned full of ideas and no doubt will put many into practice in the forthcoming Womens 5km/10km Classic.

CLEANAWAY RECOVERY TIME TRIAL

The Cleanaway Recovery Time Trial was held on September 4, all runner's enjoyed the challenge of running without a watch.

However several (who will remain nameless) tried to check their time with officials around the course, but they were not assisted.

RESULTS

MALE

1st	Darren Boddington
2nd	Henry Sinnott
3rd	David O'Donnell

BOYS

1st	John Nelson
2nd	David Tonkin
3rd	Bevan Fletcher

FEMALE

1st	Gina Bassanese
2nd	Lynne Daniels
3rd	Marlene Haslam

GIRLS

1st	Beth Haslam
2nd	Kate Haslam
3rd	Bevan Fletcher

COLONEL LIGHT GARDENS PRIMARY SCHOOL FUN RUN

Organisers of the Fun Run have advised that many of our members participated in the Fun Run, on August 21, 1988. Unfortunately their official stopwatch broke down causing incorrect times.

All entrants finishing in over 26 minutes adjust their official time by deducting 2 minutes 45 seconds.

THREDBO PRIZES

Well it's that time of year again. That time of year when people start asking "Are you going to Thredbo next year?"

Well, I'm going to ask you now - "Are you going to Thredbo or are you going to um and ah about whether you can afford it?"

I bet you could if someone gave you \$100 towards the cost!!

You might just get your \$100 if you have paid your deposit by November 18th. There will be two lucky people who will win \$100.00 by random draw from those who have paid their deposit!!

So rush in to S.A.R.R.C. and pay your deposit so that you don't miss out.

The random draw prize will be held at the Womens 10km Classic on November 20th.

Winners will be notified by post.



Marathons & multis

PERTH PEOPLE'S MARATHON & HALF MARATHON — August 7

by BOB JOHNSTONE

Strong headwinds faced the runners on the last half of this Perth to Fremantle and return course, with Clive Hicks coming through to win in 2:24.49 from former South African ultra-runner Bob de la Motte and Canberra's John Tuckey in his first marathon.

The marathon incorporated the State Veterans Championships, and one of the notable achievements in this race was that accomplished by WA Vets Club stalwart Bob Hayres, who was one of a handful of runners who notched up his tenth Perth People's Marathon finish and received a commemorative plaque for his efforts.

RESULTS

Marathon: C. Hicks 2.24.49; R. de la Motte 2.25.19; J. Tuckey 2.26.21; J. Crisp 2.32.39; J. West 2.36.34; W. Jones 2.38.26; C. Brockwell 2.39.51; T. Muir 2.40.48; P. Lysaght 2.41.05; A. Hewitt 2.44.22. Female—J. Collins 3.06.37; M. Burke 3.15.05; J. Denty 3.23.37.

Half Marathon: J. Hambleton 1.09.31; M. Altus 1.10.39; R. Harris 1.10.53; W. Quarman 1.13.02; D. Dye 1.13.36. Female—G. Thomas 1.21.05.

TOYOTA FESTIVAL CITY MARATHON —

Adelaide, August 14

Harsh and unseasonal conditions took their toll on runners in this year's Toyota Festival City Marathon. The 732 runners had to contend with stiff headwinds and temperatures in the minus 20's.

Victorian athlete John Duck became the first man to win back-to-back Festival City Marathons, while Mollie Whitehorn took out the women's section. Both Mollie and John commented

on the conditions following their wins.

John's win reflected a great deal of courage. Earlier in the year he suffered a major setback due to an ankle injury and had several weeks off training.

Only 52 runners failed to finish the event; however they included people of the calibre of Peter Bourgaize and Will Donald, which is a reflection of the very trying conditions.

RESULTS

J. Duck 2.27.42; I. Nash 2.30.07; I. Hill 2.39.21. Female—M. Whitehorn 2.59.14; C. Hennessy 3.02.11; M. Mitchell 3.03.00.

BOAMBEE BAY (NSW) ULTRA ROAD RELAY (85km)

— September 4

by STEEL BEVERIDGE

Lismore Harriers were the big winners on the road in this year's ultra relay for teams of six, but the Bananacoast Life Education Unit was the major beneficiary from the participation of the 25 teams. Lismore Harriers entered three sections and won all three.

Running between 13 and 15 one-kilometre repetitions down the back road between Grafton and Coffs Harbour is no easy thing—but it does make for a really memorable and satisfying way of running.

RESULTS

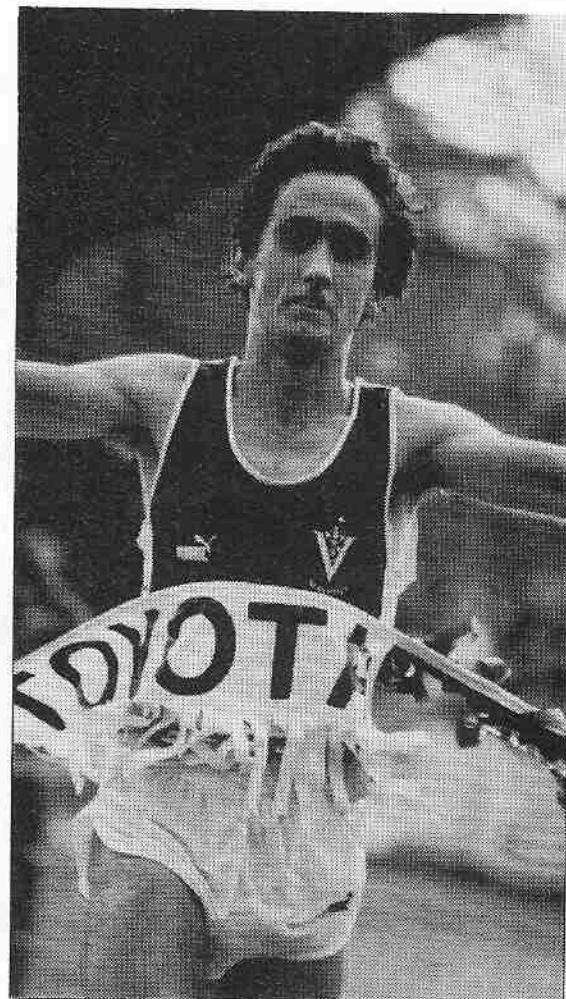
Lismore Harriers 4.25.30; Woolgoolga RSL 'A' 4.31.02; Sawtell Triathletes 4.40.44; Woolgoolga High 4.49.14; Anarchy 4.50.41; Grafton Road Runners 4.53.05.

SRI CHINMOY 100KM TRACK RACE —

Canberra, October 1

by PRACHAR STEGEMANN

Canberra's first-ever track ultra proved a great success with the runners,



A well-deserved Festival City victory for JOHN DUCK, who had to battle both adverse conditions and injury problems.

in spite of extremely windy conditions prevailing throughout the day.

Star of the show was multi-day champ Sandy Barwick from New Zealand, who missed the Australasian women's record by a mere 3-1/2 minutes. Top performances for the men came from Australian 100km record holder Martin Thompson and NSW 24-hour champion Frank Kelly.

Drama came late in the day with Simon Potter of Melbourne sprinting the last few laps to finish just 17 seconds under the 12-hour cut-off time.

For enquiries about next year's race, contact Prachar Stegemann, 18 Brennan St, Hackett, ACT 2602, phone (062) 48-0232.

ROAD WORKS

*Top left:
Runners in the Toyota Festival City Marathon.*

*Top right:
Sometimes Australian Runner photographer, John Feder, finishes Budget Melbourne Marathon in a pb 2:52.*

*Bottom left:
After 75 minutes, the crowds are still thick in Sydney's City to Surf.*

*Bottom right:
Two happy runners finishing the Budget Melbourne Marathon.*

