

SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 26
JANUARY 1990 Registered Australian Post Publication No. SBQ1998

COST \$3.00
MEMBERS: FREE



Assisted by the South Australian
Department of Recreation and Sport

1990 OVERSEAS/INTERSTATE AIMS MARATHONS

JANUARY 14	Marrakesh Grand Atlas, Morocco.
JANUARY 28	Osaka Ladies', Japan; Bermuda.
FEBRUARY 4	Valencia, Spain; Beppu-Oita Manichi, Japan.
FEBRUARY 11	Tokyo Men's, Japan; Manila, Philipines.
FEBRUARY 25	Seville, Spain
MARCH 4	Los Angeles, USA.
MARCH 11	Mount Meru, Tanzania; China Coast, Hong Kong.
MARCH 15	Tel Aviv, Israel.
MARCH 18	Barcelona, Spain.
APRIL 8	Paris, France; Canberra, Australia.
APRIL 16	Boston, USA.
APRIL 22	London, England; Rotterdam, Holland; Vienna, Austria.
APRIL 29	Madrid, Spain; UCLA, France.
MAY 1	Rome, Italy.
MAY 6	Long Beach, USA; Pittsburgh, USA; Munich, West Germany.
MAY 12	Gothenburg, Sweden (Half).
MAY 13	Amsterdam, Holland; Budapest, Hungary; Istanbul, Turkey .
MAY 20	Hamburg, West Germany.
JUNE 2	Stockholm, Sweden.
JUNE 10	Brisbane, Australia.
JUNE 24	Rio de Janiero, Brazil
JUNE 30	Numberg, West Germany.
JULY 8	Buenos Aires, Argentina (Half).
JULY 22	Gold Coast, Australia.
JULY 29	Blumenau, Brazil.
AUGUST 5	Jakarta, Indonesia.
AUGUST 11	Helsinki, Finland.
AUGUST 19	Rosario, Argentina
AUGUST 25	Rio, Brazil.
AUGUST 26	Adelaide, Australia.
AUGUST 26	Reykjavik, Iceland.
SEPTEMBER 30	Berlin, West Germany; Portland, USA; Brussels, Belgium.
OCTOBER 7	Venice, Italy; Buenos Aires, Argentina; Penang, Malaysia.
OCTOBER 14	Melbourne, Australia; Beijing, China.
OCTOBER 21	Split, Yugoslavia.
OCTOBER 28	Chicago, USA.
NOVEMBER 4	New York, USA; Lisbon, Portugal.
NOVEMBE 18	Rome, Italy.
NOVEMBE 25	Lake Kawaguchi, Japan; Bangkok, Thailand.
DECEMBER 2	Fukuoka, Japan.
DECEMBER 9	Honolulu, USA.



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MAY 1990

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SOUTH
AUSTRALIAN
ROAD
RUNNERS
CLUB



HUB-A-DASH 1990

The 2nd Sunday in March saw the 7th Annual running of the 10.2 km/4.3 km Fun Run/Walk. On a perfect day with cool conditions over 200 competitors took part. 120 tackled the short 4.3 km course through the Pine Forest with about 90 runners continuing on the figure eight course to complete the 10.2 kms.

Darren Smith from NSW (studying at Flinders Univ) was too strong on the day winning the 4.3 km in 14.10. Veterans Les Wood 14.40 and Phillip Ross 15.01 gave him plenty of competition with Junior James Cormack winning U/15 section in an excellent time of 15.49. The womens 4.3 km was taken out by Kaye Moncrieff 17.48 winning the open section Kaye outlasted Juniors Brooke Rosman 18.25 Renee Smith 19.15.

Jill Crump in the 10.2 km became only the 4th woman runner to be sub 40 minutes her time 39.56 (this follows Julie Cummings, Clare Hennessey and Clare Bennett who all went under 40 minutes last year). Jill was followed in by those talented twin 14 year olds Maria and Edith Kosztovits 41.03 and veterans winner Maureen Webber in 41.51.

The mens 10.2 km was a fantastic race with Brian Davis and Ray Bryant neck and neck the

whole way. Brian just outlasting Ray, 32.28 was Brian's time with Ray .05 sec behind 32.33. Veterans winner Tony McCool was 3rd in 33.20 consistent Stefan Nowak 34.33 pipped marathon champion Michael Bertelsmeir for 4th 34.34, special mention here to Michael Wolczak 13 yr old who ran an excellent time of 40.08 to win the U/15 section.

Over 20 lucky draws to the value of \$400 were made followed by trophy presentations. Sporting identity Peter Cornish and local physiotherapists and staff were on hand to give free pre-post race treatment and massages.

Two new course records were set

Male 4.3 km Darren Smith 14.10

Male 10.2 km Brian Davis 32.28

All in all a great day was had by all the HubA-Dash continues to grow with numbers up again this year. With the States top runners plus Fun Runners/Walkers all supporting our run. Already the 2nd Sunday in March has been pencilled in many peoples diaries for 1991.

See you there **Sunday 10th March 1991.**

PETER GILKES
Organiser

NEW BRANCH AT BRIGHTON

I have worked with intellectually disabled people for the past 5 years and have been involved in a large number of activities including Athletics, Swimming, Land Sailing and Jogging.

There are many intellectually disabled people who get a lot of enjoyment from participating in sport are very capable and well able to compete if given the support, training and encouragement.

I would like to propose that a branch of the S.A. Road Runners Club be established at Brighton with the membership being disabled and non-disabled people. This would be an excellent opportunity for

integration where intellectually disabled people and other members of the public have the opportunity to run together.


One of the most notable characteristics of an intellectually disabled person is the lack of self esteem. I believe that if these people were given the opportunity to compete in regular runs and were members of the Road Runners Club this would be very beneficial to all involved.

If you are interested in becoming a member of a Brighton Branch please phone myself at Murdoch House — Minda Incorporated 296 4711 or at home on 322 2892.

IAN MORPHETT

**FOR ADVERTISING IN THIS MAGAZINE PLEASE
CONTACT SOUTH AUSTRALIAN ROAD RUNNERS
CLUB PH 213 0615**

The South Australian Road Runners Club presents



TOYOTA

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SUPPORTED BY FOUNDATION SOUTH AUSTRALIA


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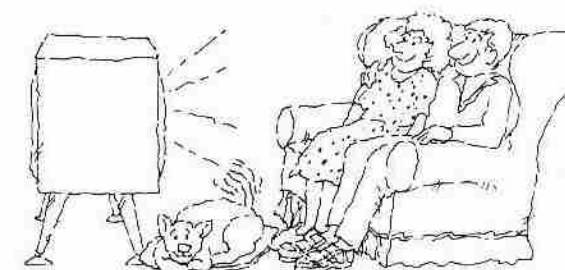
ENQUIRIES:
S.A.R.R.C. 1 STURT STREET, ADELAIDE, SOUTH AUSTRALIA 5000
TEL. (08) 213 0615 FAX. (08) 211 7115

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OF SARRC**

CALENDAR OF EVENTS

MAY

- 6 (Sun) GREENBELT HALF MARATHON
Contact: SARRC 213 0615
- 6 (Sun) WHYALLA MARATHON/HALF MARATHON
Contact: John Alderdice (086) 45 4926
- 13 (Sun) CAPITA ROAD RACE 5km/10km (including State 10km)
Contact: People in Motion 223 2244
- 20 (Sun) CAMPBELLTOWN LIONS JOURNEY FOR SIGHT 10km
Contact: Geoff Allen 31 4955 (A/H)
- 21 (Mon) FARM DAY FUN RUNS 2km/5km/10km
Contact: Birdwood Primary School, John Crafter (085) 685 329
- 27 (Sun) SUMMIT TO SUBURBS
Contact: Brian Chapman, PO Box 19, Burnside, SA 5066

JUNE

- 9 (Sat) GAWLER HORSE TRIALS FUN RUN
Contact: Elizabeth AAC, Andrew McKay, 45 9807
- 10 (Sun) KANGAROO ISLAND HALF MARATHON 4km/10km
Contact: Time Peckover (0848) 22 707
- 17 (Sun) SPEEDY MUFFLER 10km/25km
Contact: SARRC 213 0615
- 24 (Sun) MILDURA 15km
Contact: Steve Guy 050 252 303

JULY

- 1 (Sun) SUNDAY MAIL 5km/21.1km
Contact: People in Motion 223 2244
- 1 (Sun) PICHI RICHI MARATHON/HALF MARATHON
Contact: Les McNight (086) 426 712 (A/H)
- 15 (Sun) GLENELG 15km/30km
Contact: SARRC 213 0615
- 22 (Sun) TORTURE RIDGE
Contact: Brian Chapman, PO Box 19, Burnside, SA 5066
- 22 (Sun) JADE MARATHON — COWELL
Contact: Jenny Binney (086) 292 324
- 29 (Sun) WILLUNGA FUN RUN 7km
Contact: PO Box 511, Willunga, 4172

AUGUST

- 5 (Sun) TOUR OF GAWLER 10.3km
Contact: Phil Afford 259 5812 (Bus.)
- 19 (Sun) FLINDERS/ANZ TRAVEL FUN RUN 5km/10km
Contact: Brian Chapman, PO Box 19, Burnside, SA 5066
- 26 (Sun) FESTIVAL CITY MARATHON
Contact: SARRC 213 0615



FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER No. 40

Registered by Australia Post
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AUGUST 1990

From the President.

The Board of your Club has met twice monthly implementing many cost saving actions.

This involved running the Club on a completely voluntary basis for a short period while we established a 16 hour a week Co-ordinator of volunteers to operate the office. That person is Clare Cotton who is already proving how quickly she can learn and carry out a difficult job. The office is open from 10.00 am until 4.00 pm each weekday except Tuesdays.

The initiative of introducing a relay teams event in addition to the 10/25 km event proved most successful.

We moved the Glenelg event to Linear Park and became the first Club to run an event which involved using the new bridges under the Port and South Rd etc. We kept the Out and Back concept for the 15/30 km and although we had some 200 late registrations on the day we still started the event on time.

The Board has confirmed it's commitment to shorter events, power walking and walking.

The Education and Training Committee will also include walking and power walking when advertising it's next round of "Start Running Classes". These Classes will be held at West Beach, Parkside, O'Halloran Hill and North Adelaide and hopefully at a latter stage at Athelstone and Brighton.

The general meeting held at C.O.P.E. on the 9th of July had over 100 people attend some of them being non-members who were motivated enough to come along and ask questions and give suggestions. This turned out to be a positive session which was followed by a Training Forum with a slide/sound spectacular.

Since the Journal there has been some further adjustments to the membership of the Board as we search for the right people to do the tasks to achieve the goals of our club. The current Board is:

President	Robert Freak
Vice President	Kevin Lynch
Secretary	Brian Goodhind
Treasurer	Malcolm Adam
Members	David Bridges
	Geoff Davis
	Betty Sims
	Bob Ansell
	Geof Kirkman
	Leonie Fisher
	Dave Birkette

I would in particular like to welcome as new members Geof Kirkman and Dave Birkette. Brian Goodhind has recently taken on the Secretaries position as has Malcolm Adam the Treasurer's position. We now have an appropriately skilled Board in place to deal with the difficulties of our club.

Our contract with Mark to have breakfast every Sunday morning including tea and coffee is now working well.

Volunteering to help in various ways in your club is quite critical to it's future success. Thank you to those people who have returned the Volunteers Application Form. If you haven't could you please acquire one as soon as possible and return it to me at C.O.P.E.

I would like to take this opportunity to wish all the people running the 1/2 and full Marathon, on the 26th August, the very best, and for those who are not could you please assist as a marshal at this stage we urgently need your help.

Finally, because the Board Members have made a commitment to being available and visible to our members both in the

Suburban groups Saturday and Sunday mornings, they will soon be noticeable by a distinguished T-shirt with "Board Member". Please feel free to approach us as we are keen to represent the member's ideas in our future decision making.

Robert Freak,

COMING EVENTS

- Sunday, 9th September, Cleanaway 10 K
- Sunday, 16th September, City - Port 12 K
- Sunday, 23rd September, State/Country Marathon at Loxton
- Sunday, 13th October, the Airport Fun Run 10 K - This will be a family day with many fun activities, a place for your children to be looked after while you run will also be provided.
- Sunday, 25th November Women's 5/10 K Classic

ANNUAL CAMP

The last SARRC Camp was most successful and this year's will be held between the 28th and 30th September for a full weekend it will cost \$40.00 (\$20.00 deposit). For Saturday or Sunday it's \$10.00 (\$10.00 deposit). Payment and cheque made out to O'Halloran Hill Running Club care of 31 Longview Crescent, O'Halloran Hill 5158. Enquiries to Erik ph: 381 3558. Runners, walkers, power walkers, joggers and friends are all welcome to attend.

FAREWELL TO COLIN AND CANDICE

Colin Maddocks has accepted a position in Jakarta, Indonesia for a two year period and Candice Charles will be moving to Melbourne. A farewell will be held at Tandoorie Oven, 269 Unley Road, Malvern Shopping Centre Malvern. Time: 7.30 pm on Wednesday the 29th of August. If you are interested in saying farewell to Colin or Candice please contact Robert Freak on 223 3433.

I take this opportunity to thank Candice Charles who has been the Co-ordinator of the Parkside Group (originally Gilles St) for the last 5 1/2 years, she has also been active on the Women's 5/10 K Classic Committee.

MASTERS GAMES ALICE SPRINGS

October 13th to 21st if you are interested in going to these games please contact Bob Pearce on 265 9244 at work or 261 1764 after hours.

RESULTS OF 10 K - 25 K EVENT ON THE 17TH OF JUNE

10 K results

Men	Females
1st Geoff Donges - 31.16	1st Michelle Reed - 39.04
2nd Greg Cloulter - 33.33	2nd Suzi Thompson - 41.32
3rd Terrance Gallagher - 35.13	3rd Sonia Simpson - 43.24

25 K results

Men	Females
1st Stefan Norwak - 1.29.07	1st Jill Crump - 1.44.30
2nd Mike Nolan - 1.29.24	2nd Bronwyn McNulty 1.48.43
3rd Mark Taylor - 1.29.2	3rd Cheryln Skenes 1.50.45

RESULTS OF THE 15/30 K RUN ON THE 15TH JULY sponsored by Lynch & Meyer

15 K results

Men	Females
1st Kevin Moore - 51.56	1st Maureen Webber - 65.04
2nd Phil Johnson - 56.06	2nd Kaye Moncrieff - 65.30
3rd Andrew Howland - 56.48	3rd Marcia Sheer - 67.57

30 K results

Men	Females
1st Gary Zeuner - 1.47.55	1st Heather Rose - 2.05.32
2nd Glen Harvey - 1.51.25	2nd Bronwyn McNulty - 2.12.44
3rd Tim Durnin - 1.51.38	3rd Cherylyn Skewes - 2.14.10

ATHELSTONE'S GROUP 8TH ANNIVERSARY

About 8 people met at Athelstone Primary School on 1.6.82 with the hope of starting a running group that would service Athelstone and neighbouring suburbs. Who would have thought this group would still be meeting in 1990! So approx 15 runners including 3 or 4 old "Scholars" met on Wednesday 6th June to celebrate. 3 of the original group attended, so there must be some attraction to running in this area. Basket supper was the order of the day and after about a one hour run we gathered to devour the goodies amid the festivities of cutting the cake and reminiscing over the past exploits of running up impossible mountains and on occasion getting lost, the odd cork was popped to add a little colour to the evening.

If you missed out come and join us each Wednesday at 5.45 pm and experience "Running High" at Athelstone.

LEADER OF THE PACK - S.A. RUNNING

The last 8 months have seen some excellent performances by S.A.'s runners. At the Auckland Commonwealth games we saw Lisa Martin (Enfield Harriers) win the ladies Marathon in 2.25, Wendy Old (Westerns) get 4th - 2.01 in the 800m final and Peter Brett (Flinders) run a gutsy 6th - 28.37 in the mens 10 km track final.

The local track season saw the following winners in the State Title distance events -

Men	Women
800m	800m
Peter Norbury (Tea Tree Gully) 1.53	Wendy Old 2.05
1500m	1500m
Brendan Hewitt (Flinders) 3.52	Wendy Old 4.31
3km Steeple	3km Steeple
Brendan Hewitt (Flinders) 8.49	Trudy Fenton (Westerns)
5km	
John Lisiewicz (Westerns) 14.07	
10km	
John Lisiewicz	

NATIONAL TRACK TITLES

3km Steeple

Men

John Lisiewicz 2nd 8.45
Brendan Hewitt 3rd 8.49

Women

Wendy Old 800m 1st 2.00
Wendy Old 1500m 1st 4.09

With the winter cross country season over half way through, we have seen the following results-

State Titles

10km Road -	Alan Carman (Flinders) 29.50 Heather Ashcroft (C.T.C.) 34.42
15km Road -	Peter Brett (Flinders) 45.17 Trudy Fenton 54.33
State Marathon -	Joe Petkovic (Adelaide Harriers) 2.30 Bev Lucas (Enfield) 2.53 1st marathon at 43 years of age
Cross Country -	12km Peter Brett 37.01 4km Trudy Fenton 13.22

Other note worthy performances

World Cross Country Title - Peter Brett 46th Garry Henry 217th

National All Schools Cross Country

U17 Kirsty Longford (Enfield) 4th

National Marathon Titles

Men

Alan Carman 2.15 1st
Joe Petkovic 2.28 22nd
John Crafter 2.36
S.A. won the bronze medal

Women

Trudy Fenton 2nd (1st Aussie) 2.44.39
Bev Lucas 3rd (2nd Aussie) 2.48.54
Candice Charles (Flinders) 4th (3rd Aussie) 2.49.16
Jill Crump (Southern Districts) 9th 3.03
Margaret Grice (Southern Districts) 14th 3.10
S.A. won the gold medal

Finally don't forget that any runners are most welcome to compete at any of the winter events. Please contact Andrew on 45 5375 for details

Regards Andrew McKay.

PICCADILLY NATURAL SPRINGS

Piccadilly Natural Springs has a new product called "Water Well" which we at the Road Runners are promoting for two reasons.

Firstly Natural Springs is a highly valued sponsor, having supplied all our water for Sundays and events for several years. Secondly there will be a return of \$ 2.00 to SARRC for every person who becomes a natural springs customer during August.

If you decide to take advantage of the new product please do so in August and tell the person you contact at Natural Springs that SARRC sent you. The brilliant new "Water Well" is exclusive to Piccadilly Natural Springs - South Australia's original spring water company. Attractive, safe and easy to use "Water Well" is the next generation in having spring water home delivered. "Water Well" comes complete with "Touch Tap" and a 2 x 11 litre, "Handi-Size" bottles made of tough clear Lexon plastic. Piccadilly Natural Springs is at 95 Gillbert Street, Adelaide and the Phone number is 231 4388

JARVIS FORD

Jarvis Ford has now taken over Frontline Ford. We are pleased that Jarvis Ford continues to supply us with our Club Van. We wish to thank Jarvis Ford for their on going support, please support them.

MUSCULAR DYSTROPHY ASSOCIATION

Many Marathon runners are being sponsored by friends to raise money for the Muscular Dystrophy Association. Media and Political Party have formed Relay teams. Some of the participants are John Bannon, Stephen Baker, Dale Baker, Ligh Davis, Di Laidlaw, Michael Armitage, Bob Such, Kym Mayes, Peter Duncan, Susan Lenehan, Bob Batley, Michael Atkinson, Paul Halloway, Pat Mickam, Lisa McIntosh, Tanya Lewis, Karen Phillips, Ken Cunningham, Scott McBain, Peter Overton, Graham Archer, Max O'Connell and Mike Robinson.

WE NEED MORE MARSHALS

Thanks to all club members and others who have volunteered time to help with the organisation of the Festival City Marathon - The area where most help is needed on the day is Marshalling. We need 500 volunteers to ensure the course is properly supervised for the runners' benefit. If you are able to help, please ring the office on 213 0615

SPECIAL THANKS

Max and Tina Grigoul have helped the club for many years and have supplied the trophies for 1st female and 1st male club member completing their first marathon. Thank you Tina and Max.

The following organizations have helped bring you this addition of FOOTNOTES:
Kirra Tours
N.M.S. (No More Sweat)
COPE Human Relations Training Centre

Duck returns for marathon

By WARREN PARTLAND

Victorian runner John Duck is to attempt a fourth successive victory in the Festival City Marathon.

Duck yesterday confirmed his intention to run in this year's gruelling 42.2km race on August 26. It will be his 50th marathon.

Based at Trafalgar, east of Melbourne, Duck is confident of a strong performance and is eagerly awaiting the event in which his name has become synonymous in recent years.

"I always look forward to the Festival City and I've done a lot of work preparing for the marathon," he said.

"I'd like to run close to two hours and 20 minutes, but the time is not the important factor. I just want to win."

As a key part of his preparation Duck contested the demanding Otway Classic in Victoria in June, The event which requires runners to complete several races on each of three consecutive days.

The Otway is an extremely tough weekend of running and has helped Duck, not only in his physical preparation, but also mental approach to the marathon.

"That was the last time I'll be doing the Otway," he said. "I've done it three times and have had enough."

"I don't do much work on the track so have lost a bit of speed and that goes against me in the Otway. Fortunately the marathon is a bit different as you can guts it out."

"After the Festival City I'll run in the Penang Marathon and then maybe call it a day."

"I've done at least one marathon each year for the past 23 years and the commitment is becoming difficult."

Duck's best time for the Festival City is 2 hrs 24 mins with his best ever for a marathon being 2:19, which he clocked in New Zealand.

MARATHON & 1/2 MARATHON UP DATE



Carbo Party

Friday 24th August 1990

6.30 pm

Venezia Restaurant

121 Pirie St, Adelaide 5000

Your Hosts will be: Chris Acton and Robert Freak
Book Now! at SARRC Office.

\$16.00 for Adults \$10.00 Children (under 16yrs)

Runners and Non Runners are welcome to attend. Adelaide's Premier Social Event for Runners.

- no standing or queuing
- selection of food will be brought to your table including pasta, heaps of bread, salads, desserts including ice-cream cake and fruit, soft drinks, tea and coffee
- Wear your marathon medallions, finisher T-shirts etc.

Merchandise

Order now for delivery on the day

Please order your T-shirts or Wincheaters for either the Marathon or 1/2 Marathon.

The Big Day - 26th August

There could be a great battle between John Duck (Vic), Frank Sherlin (Ballarat), and Jose Corren (Brazil). Jose is representing the City of Brazillia. Duck will be attempting his 4th Festival City win, Sherlin should run about the 2.20 mark while Corren's best is 2.22.

Hopefully our 1/2 Marathon will see the stars of the recent National Marathon Championship in Queensland battle it out.

Trudy Fenton, Bev Lucus, Candice Charles, Jill Crump, Margaret Grice, Alan Carmen, Joe Petkovic, John Crafter.