



FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER No. 41

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DECEMBER 1990/JANUARY 1991

FROM THE PRESIDENT

The New Year will see new activities and incentives for SARRC in 1991. They are listed below:

1. **Incentive to be a member by the 31st January, 1991**
Random draw prizes for people who are members by the 31st of January 1991 will include:

- * A magnum of champagne
- * A night for two at the Travel Lodge Motel
- * A meal at Lyrics Restaurant Adelaide Festival Centre Home of the Quick lunch - Parisien
- * A meal for two at Mamma Mia's, 121 Pirie Street
- * Computer Software for your home computer.

2. **Glenelg 10K incentive for Volunteers**

Registered Volunteers for this event will be given a voucher to the value of a member's entry fee to that event that can be used when entering any SARRC event in 1991.

3. **Training Programme for Eight Race Directors**

Eight people or more will be trained under the guidance of Bronte Turner and Kevin Lynch who are the Directors of the Twilight Series and David Bridges who is the Director of the 10K Glenelg Run. The goal of this theory and practice training is to allocate races to the various Trainee Race Directors as they become appropriately skilled. If you are interested in this training please contact any Board Member.

4. **Identifiable Board Members**

Board members now have identifiable T-shirts or singlets. Please feel free to approach us as we are keen to represent members ideas in future decision making. Our motto is "Help us to RUN a better SARRC" (each Board Member has paid for their T-Shirt or singlet).

5. **Reducing SARRC's Overhead Expenses**

We have now reduced the size of our office space at 1 Sturt Street, and this will reduce our rent by approximately 30%

6. **Road Runners Camp**

Following the success of the Training and Education Committee's camps in 1990, it is planned that the first camp for 1991 will be held in late February. Please contact the office or any member of the Training and Education Committee.

7. **Training and Education Committee Members**

Each member of the Training and Education Committee will now be identifiable with a SARRC T-shirt with their name and Instructor in blue. May I take this opportunity to thank the Committee for the tremendous work that they do for our club.

8. **The New "State Festival City Marathon Championship"**

This combined event will be conducted on Sunday the 1st of September, 1991. We currently have a sub-committee

looking at a variety of course options. I am particularly pleased that we have been able to work in co-operation with the Athletics Associations on this venture.

As this Board is now within two months of completing its first year, it is pleasing to hear that the renewal of membership is going very well and that there are a considerable number of past members rejoining the club.

There is also an increasing awareness that club members need to involve themselves in the club if they want events to work effectively. We would appreciate some more volunteers to help with the setting up on Sunday Morning and Clare would appreciate some more volunteers in the office.

Recently I heard that Heather Paynter from the Parkside branch is organising a raffle which will be drawn at that group's Christmas dinner and the money donated to the Club.

Attached to Footnotes is a proposed change to the constitution which will enable people joining at any time of the year to gain a one year membership from that time. We feel that this will benefit both the members and the administration of the membership.

Since the thirteen hour planning day early in 1990, five working groups were formed. I would like to thank the members of those working groups and their conveners, they are listed below:

Promotion Objectives	David Bridges,
Recruitment Objectives	Bob Ansell
Administrative Objectives	Dave Birkett
Communication Objectives	Brian Goodhind
Finance Objectives	Robert Freak
Events Objectives	Kevin Lynch.

Shortly the life of these working groups will come to an end and following their recommendations it is envisaged that certain sub-committees to the Board, with specific tasks, will be formed. It is important that any member of the club who feels that they have a contribution to make, contacts us and registers their interest.

One of my goals is to involve the suburban running groups in the Board of Management of the Club. This has partly been achieved this year as we now have representatives from the O'Halloran Hill, Parkside and Athelstone groups. I hope by the end of the AGM that there will be a representative from West Beach as well.

I look forward to seeing you at the AGM on Monday 18th February, at COPE. Refreshments will be served at 6.15 p.m., and presentation of Age Category Medals for the Marathon will follow.

ROBERT FREAK
PRESIDENT

LETTERS TO THE EDITOR

The Secretary
S.A. Road Runners Club

Mr Warren S. Davies
15 Nathan Court
Leopold VIC 3224
28th August, 1990

Dear Sir/Madam,

I have had the pleasure of participating in your excellently organised marathon on two occasions now and have thoroughly enjoyed both. It was with much sadness that I listened to the announcement that this was likely to have been the last time the marathon was to be run on the present course. Although I have only run seven marathons at either Melbourne or Adelaide I feel there is no comparison between the two. I give the following reasons;

- 1) It is a truly picturesque course. The variety is great and there are no really long boring stretches where your concentration wanders.
- 2) Being an out and back course you are not at the whim of the conditions, i.e. a strong headwind all the time (as Melbourne is becoming renown for) thus ruining a year's preparation on something beyond your control.
- 3) The introduction of the 1/2 marathon where people could experience the feeling of those involved in a full marathon and thus using marshals, course personnel e.t.c. wisely.
- 4) The course is now getting a good name in Victoria compared with Melbourne as a true test of your ability on the day as evidenced by the number of people we know who made the trip across (I would be interested in the actual number), I don't believe you'd get these people if it became a point to point such as was suggested with Gawler to Adelaide. If this happens then the South Australian Community loses the revenue from people such as us who also went to the Casino afterwards, the football on Saturday and meals out.
- 5) Two other members from the Geelong Cross Country Club who ran with me have already said they wouldn't return if it became a point to point course like Melbourne the expense being too much to be blown away by the elements before you start.

Finally, I believe that with the premier being one of the "Dirty Baker's Dozen", surely he can be worked on, even with the reduction in police funds through budget cuts e.t.c. Also I believe that there should have been more publicity about the event and the closure of several areas. For example, we came over Friday night and we saw nothing in the papers either Friday night or Saturday, even in a bit on "What's On On The Weekend" a supplement from the Advertiser (I think). Perhaps with extra publicity, a picture on the back page of a newspaper e.t.c. you could heighten public awareness and gain more entries.

I know my point of view is biased, but surely when police are involved in crowd control at demonstrations, marches, e.t.c. it is not too much to expect, that they be involved for four to five hours 1/2 Sunday morning of the year to help seven hundred plus people to maintain fitness, enjoy the lovely layout of your city and run on a traffic free, fair course. After all, how much money do us runners save the governments by being fit and thus not having days off work with stress e.t.c.

I hope this letter is seen in a positive light and can be used somehow to try and keep the course the same, similar or at least out and back.

Yours sincerely,
Warren Davis

P.S. Forgot to mention the excellent facilities so close to the finish area, e.g. the massage tent for people like myself who could hardly move. Again congratulations on a well organised and run event and I hope this was NOT the last marathon plus 1/2 marathon on this course.

Mr Rob Freak
President
S.A. Road Runners Club

54 Burlington St
Walkerville SA 5081

26th November, 1990

Dear Rob,

Would you please include the following in the next edition of FootNotes.

On behalf of all the women who took part in the 5/10km Women's run on November 25th, I would like to thank the hard working board members, Eric and the O'Halloran Hill Group, Clare and the Office Volunteers and all other helpers, especially the men, who made this event happen. The original idea was for the event to be run by women for women. This did not happen this year, and I personally do not feel that we need segregated events. What we do need is for more women to take an active part in the club, come and be trained as Race Directors, Co-ordinators, Coaches, Instructors etc.

We may be physically smaller and some of us slower than the men, but we can still be sport and fitness leaders, not followers.

Jenny Prider.

ABOUT WALKING

A small group meet every Sunday and the walking has done everyone a lot of good. It is not strenuous exercise and after each walk everyone has a good happy attitude. It is exercise that everyone any age can do. The walkers have developed a good support group for each other and have a lot of fun. Please come and join us.

Josie Borg, (Walker)

I STARTED RUNNING

I started running in the Road Runner's "Start Running Classes," about four months ago, with the ambition of running in the City to Bay. I found the class very helpful. Being surrounded by positive, friendly encouraging people is a great feeling. Also exercising in the fresh air and observing the great creation of nature that is around us, I have not just developed a higher fitness level, but I am alert and feel great. The friendly environment of the Road Runner is never to be missed. The information needed for furthering your running is there, with the unlimited encouragement going with it. Relax, don't worry, even the mind boggling decision on shoes is made easier and if you like co-ordination there's plenty of matching running outfits.

Having reached a level of fitness, I find it much easier to go out and cruise along and enjoy the pleasant social atmosphere. I recommend to anyone to have a go, you don't have to be fast, just have fun.

Lyn-Marie Perkins

MEMBERSHIP RENEWALS

If the label on your "FootNotes" envelope has 89 at the end of the number.....You are NOT a Financial Member.

This will be your last mailout of FootNotes. Please renew urgently (If you have renewed membership in the last 2 weeks, please ignore this)

MAX AND TINA GRIGOUL ENCOURAGEMENT AWARDS

For SARRC Member with the best time, 1st Marathon, at the Festival City Marathon 1990.

Congratulations to:

Kerry MacKenzie	3.59.39
Shane Lois Lewis	3.13.00

These trophies will be publicly presented at the refreshment time before the Annual General Meeting at 6.15 p.m. at C.O.P.E. on the 18th of February. Thanks to Max and Tina Grigoul for donating these two trophies for recognition for Club Members running their 1st Festival City Marathon.

FAX FOR SALE

Mitsubishi Facsimile a FA-2100 series. For further information, contact Clare on 213 0615.

START RUNNING/WALKING CLASSES

The first classes for 1991 will commence in the 1st week of February at

Parkside	Wednesday 6th 5.30 p.m.,
O'Halloran Hill	Thursday 7th 6.00 p.m.
North Adelaide	Friday 10th 8.00 a.m.

MARATHON-1/2 MARATHON FINISHERS PHOTO'S

Photo's have been mailed to all those who placed orders before the 31st October. For those who nominated to collect them, they can be collected during office hours from the 14th January onwards, please don't forget.

DONATIONS

We would like to express our thanks to the following donors for prizes for random draws at the 'Women's Classic'. Sports Lover, Piccadilly Natural Springs, SA Brewing Company, Hindley Cinemas, 3M (John Sharp), Peter Slagter, Paul Mensforth Pharmacy and Nippys for donating the orange juice for the finishers.

Beven Roberts (The Fire Place and Slate Centre), has supported our Club by donation of the Pat Edwards Memorial Trophy for 1st place (Veteran) in the 'Women's Classic'. The Trophy was again, this year, awarded to Bev Lucas. Congratulations.

Bev asked that rather than receive another Trophy we put the money into the Club Funds, thank you Bev.

Travel Lodge provided accommodation for the Adidas Team Members, who flew from Melbourne (at Adidas expense) to compete in the event.

FUTURE DONATIONS

If you know anyone that can donate random draw prizes, please contact the Office after the 14th January 1991

OFFICE VOLUNTEERS

Sometimes in the office I reach absolute desperation. There seems to be so much to be done and insufficient hours in which to do it. What keeps me going (apart from the pay packet) - knowing the hard work that is put into the running of our club by members of the Board, and the help that I get from a group of volunteers who always seem to be there when it's most needed. In the New Year I will be updating my Volunteer list. If you wish your name to be added please let me know.

I would particularly like to express my thanks to these people: Jeff Greene, Jenny Prider, Nigel Titchmarsh, Marie Slagter, Mary Evans (who travels from Tintinara regularly to help out), Simon Trangmar who spends countless hours on the computer, Eric and May Fazackerley and the indomitable team of John and Tina Dillon who can always be relied on when there is a big mailout.

I am also helped along by the friendliness of club members who call in or phone with requests, and their patience with us when they are asked to wait. We do our best!

Clare Cotton

EDITOR WANTED

SARRC is seeking the services of a person to be the editor of "Footnotes." Please contact Clare or Robert Freak.

SARRC OFFICE CHRISTMAS CLOSURE

The Office will be closed for Christmas from Friday the 21st December 1990 and re-opened on Monday 14th January 1991.

Phone and written messages can be left with the reception staff of State Association House and some mail correspondence will be dealt with during the early part of January.

Entry forms for "The Whaler's Inn", "Twilight Runs" and "Glenelg Run" can be picked up on Sunday mornings or from C.O.P.E. during this period.

A TIME TO CELEBRATE, CONGRATULATE AND THANK

Refreshments will be served at COPE from 6.00 p.m. on Monday the 18th of February. All members are welcome, particularly those who have helped in the office and with events. Our sponsors will also receive an invitation. At 6.15 p.m. medals for first position in each category for male and female for the marathon will be presented. The Max and Tina Grigoul awards will also be presented.

Medals for those involved with the Toyota Festival City Marathon in 1990 will also be presented. They are listed below:

Ray & Heather Paynter	David Bridges
ACRM	Muscular Dystrophy Association
Brian Goodhind	Neville Snook
Bronte Turner	Old Port Toyota
Chris Acton	Piccadilly Natural Spring Water
Cleanaway	Roger Catchlove
CMI Toyota	Rotoract
Ernst & Young	Sgt Ken Symonds
Gary Nichols	Sgt Terry Roberts
Graeme Young	Sue Tyson
Henbest's Harriers	Tony Hartshorne
Ian Richardson	Toyota
Ike Ades Toyota	

On behalf of the Board and the office of the SA Road Runner Club we wish all recipients of Footnotes the very best for 1991.

With kindest, warmest regards.

Robert J Freak

1991 EVENTS

- 1/1/91 Resolution Run 8.00 a.m. 10k North Adelaide. Time clock, no fees
- 13/1/91 10.15 a.m. 3k 10.30 a.m. 9k Granite Island, Victor Harbour. Entry forms available Sunday morning (or from C.O.P.E. during X-mas break when SARRC Office is closed.

3 TWILIGHT RUNS

Entry form enclosed with Footnotes and available from C.O.P.E. during X-mas Break when SARRC Office is closed.

22/1/91 Twilight Run 4.5k 6.00 a.m. Elder Park.

5/2/91 Twilight Run 7k 6.00 p.m. Elder Park

19/2/91 Twilight Run 8k 6.00 p.m. Elder Park

Each finisher will be given a voucher which will entitle them to pay only \$4.00 for a pasta meal at Mamma Mia's, 121 Pirie St, Adelaide

- 24/2/91 10k 8.00 a.m. Moseley Square, Glenelg. Entry form enclosed with Footnotes
- 3/3/91 6k Strathmont Fun Run
- 7/4/91 12.5k (City - Port) Adelaide High School
- 14/4/91 5k & 1/2 Marathon Barrossa Fun Run
- 28/4/91 10k & 1/2 Marathon (Greenbelt 1/2 Marathon) Festival Centre, Adelaide
- 30/6/91 8.00 a.m. 5/25k Relay start North Adelaide
- 21/7/91 15/30k Linear Park Fun Run 8.00 a.m.
- 4/8/91 8k (Special SARRC event) possible medal for all finishers?
- 1/9/91 State Festival City Marathon Championship (Course to be announced)
- 8/9/91 10k North Adelaide Cleanaway Event
- 15/9/91 12k City - Bay Fun Run
- 20/10/91 5 & 10k Airport Fun Run
- 24/11/91 5/10k Women's Fun Run (If there are enough women to volunteer to conduct the event)

WOMEN'S CLASSIC RESULTS:

5k event:

1st place	Michelle Reed	0:17:38
2nd	Kirsty Longford	0:17:52
3rd	Kerry Lucas	0:18:21

10k event:

1st	Trudy Fenton	0:35:17
2nd	Julie McKie	0:35:29
3rd	Bev Lucas	0:35:49

5k Under 16

1st	Kirsty Longford (15)	0:17:52
2nd	Kerry Lucas (14)	0:18:21
3rd	Zoe Lucas (12)	0:20:00

10k Under 16

1st	Jacqueline Webb (13)	0:43:12
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5k Veterans (over 35)

1st	Trish Filley	0:19:30
2nd	Jill Denney	0:22:23
3rd	Lin Martin	0:24:50

10k Veterans (over 35)

1st	Heather Rose	0:37:37
2nd	Helen Holmes	0:42:45
3rd	Marie Molloy	0:42:46

1990 FESTIVAL CITY MARATHON**AGE CATEGORY RESULTS**

1st person in each category will be presented with a medal at the AGM

FEMALE

20 - 29	Bronwyn McNulty	3:15:59
	Sylvia Friedrich	3:21:37
	Christine Lubke	3:34:34
30 - 39	Heather Rose	2:58:38
	Janet Hayes	3:13:36
	Helen Bridges	3:17:44
40 - 49	Tina Campbell	3:06:01
	Jacky Whitting	3:22:45
	Margaret Robinson	3:35:49
50 - 59	Valerie Bossom	4:15:34
	Jenny Prider	4:31:34
	Susan Bardy	5:04:37
60 - 69	Doreen Cock	4:33:18

MALE

Under 20	Jay Corney	2:51:26
	David Penn	6:58:00
20 - 29	Victor Perry	2:44:20
	Terry Ellis	2:47:08
	Anthony Jarrett	2:50:24
30 - 39	Frank Shevlin	2:22:49
	Gerald O'Connor	2:27:15
	Peter Cox	2:30:43
40 - 49	Tony McCool	2:33:00
	Noel Bray	2:35:59
	Hugh Dearnley	2:43:18
50 - 59	Len Martin	2:50:11
	David Richards	2:58:45
	Rod Martin	3:01:12
60 - 69	Richard Sjoerdsma	3:11:09
	Gerard Gibney	3:23:16
	Dick Larkin	3:37:34
70 +	Eric Baker	5:23:54

HALF MARATHON 1990**AGE CATEGORY RESULTS****FEMALE**

20 - 29	Louise Abraham	1:22:15
	Belinda Weller	1:34:31
	Merran Finnis	1:43:55
30 - 39	Trudy Fenton	1:18:34
	Carol Ey	1:20:02
	Jill Crump	1:22:34
40 - 49	Bev Lucas	1:19:29
	Chris Love	1:44:46
	Rhonda Whyatt	1:47:57
50 - 59	Margaret Nelson	1:57:03
	Annie Ashwell	2:01:38
	Lyn Wilson	2:24:11
60 - 69	Olive Butler	2:15:56
	Beryl Williams	2:59:55

MALE

Under 20	Bradley Reynolds	1:28:46
	Daniel Hartwig	1:32:00
	Paul Greenwood	1:41:36
20 - 29	David Matthey	1:11:17
	Shane Johnson	1:12:29
	Darren Wintulich	1:17:32
30 - 39	Gary Zeuner	1:10:32
	Steve Guy	1:12:01
	Peter Ridley	1:13:35
40 - 49	Marcus Roberts	1:18:42
	Peter Weston	1:22:29
	Bob Ansell	1:23:35
50 - 59	David Edyvean	1:31:58
	Ian Leader-Elliott	1:34:17
	John Davie	1:36:15
60 - 69	Viv Edwards	1:33:37
	Ken Lucas	1:51:57
	Ray Williams	2:59:56
70 +	Tom Barry	2:01:34



FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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NEWSLETTER No. 55

Registered by Australia Post
Publication No. S8H0729

FEBRUARY, 1991

FROM THE PRESIDENT

The Annual General meeting on the 18th February, 1991 was a great success with a room full of people who had an opportunity to spend some time meeting each other while watching a video of the London Marathon. During the meeting presentations were made to all the age categories for the 1990 Festival City Marathon, and the many sponsors and individuals who assisted with that event. I would like to take this opportunity to thank them again.

Part of my report stated "This is the year SARRC needed to have".

It certainly has been a long hard year with many unwanted surprises (mistakes from previous years surfacing).

I suspect it was the hardest year that this club has ever experienced it wore out several Board Members and in that time the club management has totally been turned around and re-structured.

Highlights such as a 13 hour planning day for all Board Members has born fruit creating several Objectives Committees which have now reported and are in the process of forming Action Committees to carry out the work.

Your Opportunity

It is essential that non-board members of our club take part in sub-committees and help run the club including Sunday mornings, the office and events. If you can volunteer please contact the office immediately.

One of the biggest things that the average club member has come to realise is that this club is now run by its members for its members, paid servants are a thing of the past.

Three retiring Board Members were given a special mention all had been members of the club for ten years most of them had been on the Board for three to four years many of them had been Race Directors for several years and organizers of specific things like Sunday morning activities etc. I refer particularly to Kevin Lynch, the retiring Vice President, Bronte Turner who has been a Board member previously and again for the past two years and David Bridges who has been a Board member for the last three years. They have all given outstanding behind the scenes work for our club.

The new Board is a well balanced team. Malcolm Adam, a chartered accountant in private practice at North Adelaide has done an outstanding job with the Bookkeeping for our club and I look forward to him being in that position for at least two more years. Brian Goodhind continues as secretary which he has done for the last six months and is highly experienced and valued by Board members. We now have one or more representatives from each of our suburban running groups except West Beach and we are committed to achieving a representative during the next six months.

1991 IS GOING TO BE A GOOD YEAR FOR OUR CLUB.

Max and Tina Grigoul Award

Max rang me shortly after the AGM and has offered in addition to the trophy presented to the first male and female club member finisher of their first marathon they have added \$100 with each trophy - thank you Max and Tina.

Making the Run, Fun, Comfortable and Safe

As a result of the three deaths in Sydney there has been considerable pressure on Kym Mayes, the Minister of Sport and Recreation, to produce a documentation to advise organisers and participants in running events of the precautions they should take.

SARRC has been the leading adviser to the new pamphlet same as the name above which will shortly be printed and distributed through all local councils, schools and kindergartens. You can pick up a copy from our office later in the year.

Sportsmed Research Project

We are supporting this project from which the club will benefit financially. There are currently 36 males who will be pre and post tested over a 8.8K run at the Uni Loop on the 9th March and 13th April at 8.30 a.m.

There is every chance that the company behind the research will at a later stage also sponsor one of our events.

Incentive to be a member

As I announced in the December/January "Footnotes" all members by the end of January 1991 will be in a random draw. I am pleased to announce that Annie Ashwell has won the meal for two at Lyrics restaurant Adelaide Festival Centre

Tony Bridges has won a meal for two at Mamma Mia's 121 Pirie Street.

Faye Nichols has won a night for two at the Travelodge Motel South Terrace Adelaide.

Sponsorship

Now that our club is back on its feet we are interested in forward planning and reaching those people who can sponsor our events. We have something to offer sponsors and we are now asking for club members to give us contacts of people we could approach with a sponsorship package for our events. This also includes random draw prizes.

Good friendship in running and walking.

Robert Freak
President

Konica BUSINESS MACHINES

THE NEW BREED OF PHOTOCOPIERS & FACSIMILES

TEL: (08) 231 2911

FAX: (08) 231 4578

EDITORS NOTES

Konica Business Machines have very kindly sponsored SARRC for the cost of producing "FOOTNOTES". This sponsorship is greatly appreciated and we hope Konica receive a benefit from our relationship.

Greenbelt Half Marathon

The Greenbelt Half Marathon this year will include a 10 Km event, so if you think that a Half Marathon is too far enter the 10Km.

Running Calender

Enclosed is a running calender for this year, this will allow you time to train for all events. Of special note is a new event being held by SARRC on August 4. There will be an 8 Km event. This is some six weeks prior to the "City to Bay", so it will be an excellent opportunity to test your ability.

Membership Renewals

Membership renewals can be made now and it will last a whole calender year. So join SARRC now and take advantage of our 4 Premier Events discount.

Letters to the Editor

28.1.91 Canada

Dear Sir

I enjoyed a wonderful year in Adelaide as a teacher on exchange from Canada.

During the year I participated in many Sunday runs as well as several races. Thanks to SARRC and all the friendly people I ran into for making my year a most memorable one.

We don't have a large populist running club as you do. There are many small ones geared to competitive runners. One thing I wanted to comment on was the lack of recognition of the ordinary runner or those in various age groups. Here there is usually recognition of the 1st 3 finishers in several age groups. A chance for more than the elite runner to shine.

Yours in Running

Daryl Sturdy

Dear Sir

Just a few lines to let you know that I enjoyed the twilight series for 1991. It was a good run and I hope the series is continued in 1992. The run was well organized.

Yours Sincerely

Howard Williams (SARRC 425)

Office Report

After a very quite period staff wise over the holiday break I am now pleased to say I have a strong team of volunteers helping daily in the office. Helen Bridges, Sally Piccinato and Richard Sjoerdsma all have a regular day now and Mary Evans is back again. Geoff and Jenny continue to give a solid support every week. Heather Paynter has made herself available for data entry on the computer and together with Simon they have under taken a huge job with race entries and membership renewals. We can never quite predict what is going to happen, but the office always seems to be busy.

I would like to say a thank you to retiring Board members, Kevin, David Bridges and Bronte. Without their support I would not have been able to do my job. These three have always made themselves available to answer questions and give guidance and have taken a huge amount of the workload onto themselves to make things happen for all club members.

I look forward to a continuing good relationship with the Board Members in 1991. WE have certainly started the year in a very positive way.

Clare Cotton.

SPORTING LOTTERY

Lottery ticket books have been distributed to club members. They are more available for those who haven't yet taken any. It is of paramount importance that our club's share of the books be totally sold. We were offered less than the number given to us last year, but thanks to Clare with her gentle persuasion we were able to obtain 278 books. With all tickets sold this will give the club a clear profit of \$2,224.00 and with only 570 members all it needs is for each member to sell 4 tickets. Heather and Ray Paynter (Ray's the one with the grey beard and recognisable Sundays as the owner of the Irish Setter), are co-ordinating the distribution. So see either on Sundays after the run, Wednesday at Parkside, Tuesdays at speed training or telephone Heather at work 363 1158 or Ray on 231 5087. Books are to be returned the weekend after Easter. We need to impress the Credit Union so lets ensure that all tickets are sold. As this is our only major fund raiser for the year please give us your help. It will keep our treasurers hair from falling out and keep our books in the right colour.

Twilight Runs

Our 1991 and first ever events of an evening proved reasonably popular with an average attendance of almost 100 runners and walkers. The weather - it could have been worst. The course was okay and all the officials wish they could have run. The first event was over the Corporate Cup course of 4.5km and was won by a Canadian runner passing through, who blitz the field in 15.04 and Greg Coulter came in second but won the event over 7km and Steve Dunn won the 8km event. Kaye Moncrieff won the 4.5km and Heather Smith won the 7 and 8km events.

Maureen Lynch and Sylvia Petrony take seriously the theory that if you can't talk as you run your going too fast. Their jog/talk efforts won the prize for consistency finishing 11th and 12th in the ladies section in all 3 events.

Many strangers to the Club participated and there was a good feeling at all runs. Almost certainly they will be repeated next summer. Thanks to the Hyatt Regency and Travelodge who provided the random draw prize and to Mama Mia's for the Vouchers and Picadilly Springs for the spring water.

Glenelg 10km Classic

The Glenelg 10Km Classic on Sunday 24th February proved popular again by attracting 426 entrants. In perfect summer conditions the outright winners Grenville Wood and Trudy Fenton repeated their 1990 successes with better times (Grenville's 1990 time was 31.26 and Trudy's 37.04). Fifteen year old Shannon Stacey improved more than two minutes on his 1990 time to win the under 18 male category. Marcia Sheer's 36.21 was also a good performance to put her in the placings again.

FEMALE		MALE	
1st	Trudy Fenton 36.08	Grenville Wood	31.21
2nd	Marcia Sheer 36.21	Ray Bryant	32.33
3rd	Heather Rose 37.49	Malcolm Mackay	32.55

AGE CATEGORY WINNERS

U18	Edith Kosztovito 41.59	Shannon Stacey	35.49
18 - 34	Trudy Fenton 36.08	Grenville Wood	31.21
35 - 44	Heather Rose 37.49	John Crafter	33.54
45 - 54	Joan Whyte 42.50	Tony McCool	34.09
55 - 64	Nancy Horsell 82.05	Bob Bradley	41.15
65 over	Doreen Cock 57.20	Klaas Buys	49.16

The event owes thanks to:- Piccadilly Natural Springs, Jarvis Ford, S.A. Brewing Company, Braun, The Slate Place, Dave Potter Motors, Cleanaway, Radio Rentals, Glenelg City Council and Mayor Brian Nadilo, S.A. Police and the many volunteers who assisted.

Marathon Strides

Time does run away when on a count down. Yes it is 188 days to go (when writing) to the 1991 Marathon. The Marathon will be over last years course.

The Committee this year is working hard to upgrade this once a year event with a:-

42.195km Marathon Not 42km approx. as stated on the Melbourne finishing photographs. Relay teams, walkers, joggers, runners, elite and wheelchairs

21.0975km Half - Still on the drawing board
5km Fun Run. Open to all

The event this year will be held in conjunction with the AASA State Championships and their major sponsor the ANZ Bank. So, make a date with the State Festival Marathon this year 1st September 1991, walkers 6.00am, 7.00am marathoner, 7.10am half?, and 7.30 5km fun run.

Your training should be up to 27km per week for first time marathoners, but you old hands continue on with WILD AND WONDERFUL THINGS. If you have a plan please pass on to Tony Ashwell, it may be printed in Footnotes.

Best of luck for future training - don't over do it and remember TRAIN DON'T STRAIN.

Have you ever thought the Marathon is like the Economy?

You have highs, Lows and Depressions. At the moment we are in a low - so lets help to get it running again.

What do you do when you get injured? R.I.C.E.

R Rest OR Rush

I Ice In

C Compression Cut

E Elevation Expenses, employment, excesses, executives

This year, a free lottery will be held for marshalls - a most important bunch - with a lounge suite as the major prize, plus foot stools so they can take a well earned rest. So, if you can't run be a marshall, get your names in now, first come, best placed.

Tony Ashwell
RACE DIRECTOR

Easter Running

As per the two Adverts on the back of your Footnotes. If you are coming to these events it is asked that you bring some fruit or some juice for the breakfast.

The Athelstone Mob on Friday 29th of March

O'Halloran Hill Rabble on Sunday 31st of March.

Sunday Runs

From the hockey Pavilion, Bundys Road North Adelaide, At 8.00am

March 10km pack
 17 Ridge Park 17km Marden
 24 Stonyfell 21km Dudley Park
 31 Jarvis Ford 21/15 St. Peter/Weir

April
 7 Darly Road 20 Marden
 14 Brownhill Creek 22 Golflinks
 21 Waterfall Gully 24 Gilberton
 28 Greenbelt Half Marathon & 10km.

Speed Training

Speed Training is what its called but is really only good training and fun. Every Saturday Morning at 8.30am from the Corner of Bundys Road and Mackinnon Parade, North Adelaide.

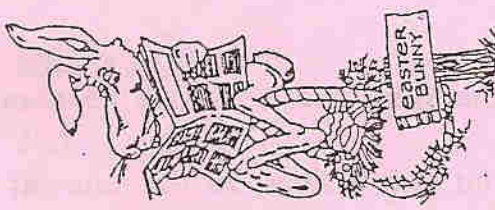
Max and Tina Griguol Awards

Peter Twartz travelled from Yorketown to receive his trophy, presented by Max Griguol for the best time for a first time marathon club member in the 1990 marathon 3:06:25. There are four runners in the Twartz family and they are involved in the organization of the Yorketown Fun Run on October 27 1991. This year there will be a Half Marathon as well as a 10km and 6km event. Walkers are welcome.

Other medal awards were made at the AGM for age category winners and medals have now been sent out to all those who were unable to attend.

Running Physio

Jim Mack, Physiotherapist and SARRC member is now consulting at South Australian Sports Medicine Centre, 70 South Terrace
 Phone 211 8002.



*** MARK IT IN YOUR DIARY ***
 THE ANNUAL "EASTER BUN" RUN
 SUNDAY 31ST MARCH
 O'HALLORAN HILL RUNNING GROUP
 COMMUNITY CENTRE
 CANDY ROAD
 O'HALLORAN HILL
 7.30 A.M. FOR A 20+ KM RUN
 8.30 A.M. FOR A 10-12 KM RUN

WHY?
 WHEN?
 WHERE?
 TIME?



These are NOT races - merely a gentle jog as a group through the undulating countryside of the southern area. Come and get out of the smog and pollution of the inner suburbs. (You won't have views to Yorke Peninsula and beyond, and you won't get free blackberries.)

Stay for FREE HOT CROSS BUNS AND COFFEE afterwards. Hot showers also available.
 Bring a friend and \$2. for raffle tickets.

"WE DO IT IN THE HILLS"

Enquiries: Graham Venus 381 1221 Marg Grice 298 2834



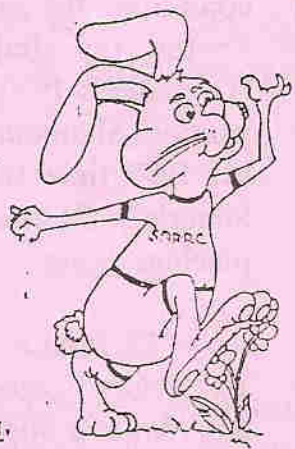
THE ATHELSTONE MOB
 invites you to

2 EASTER FRIDAY RUNS

FRIDAY 29TH. MARCH

8:00 a.m.

ATHELSTONE PRIMARY SCHOOL
 BROOKSIDE ROAD



RUN 1 :

The Athelstone RIVER RUN,
 * 10 - 12 km. Jog/Walk.
 * along the Torrens Linear Park.
 * slightly undulating, scenic course.

RUN 2 :

The Athelstone "DEAD FLAT" RUN.
 * 12 - 16 km.
 * Jog/Walk/Mountain climb.
 * an "undulating" course.
 * fantastic views across Adelaide Plains to Yorke Peninsula and beyond.
 * free blackberries

POST RUN FEATURES

SPONSORED BY ASHWELL FRAMES

- * Hot, buttered HOT CROSS BUNS - Thanks again Tony.
- * Fresh Fruit.
- * Orange Juice /Tea /Coffee.
- * Bring \$2 for a raffle.
- * Showers available.
- * BYO anything else you'd like.

ENQUIRIES:

Jenny Dabinett (344 7637 H.)
 Rod Martin (261 6927 H.)



FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER No. 56

Registered by Australia Post
Publication No. SBH0729

MAY, 1991

FROM THE PRESIDENT

What an exciting time it is for our Club and for runners, joggers and walkers in general, with Robert De Castella's recent Marathon win in Rotterdam, Steve Monangheti's brilliant wins in the Berlin Marathon and a Half-Marathon in England, Lisa Martin's announced return to Marathon running and our Club's recent successful Greenbelt Half-Marathon incorporating a 10k event for the first time. Over 400 runners took to the roads last Sunday and I think the words of Geoff Large (from Sydney), winner of the Half-Marathon, said it all; "The people in Sydney could learn a lot about organising a good event from today."

Thanks to Tony Ashwell, Race Director, supported by Rod Martin, Ken Graham, Jenny Dabinett (Athelstone Branch) and many others on drink stations and as Marshals. Thank you for making the event possible.

Sharing the Load

As the board's strategy for increasing membership is proving successful, particularly through our 4 Premier Events, we see our membership growing towards 1000 members. Even more encouraging is that our members are gradually learning that the Club is as good as we make it. For example our next major event, the 10/25k plus Relay has its organisation well under way under the guidance of Race Directors Bob Ansell and Simon Trangmar (more marshals needed).

Planning is also well advanced for the 15/30k event on the 21st July (Race Directors Kevin Lynch and Bronte Turner). Entry forms for both these events are already available to the public.

New Developments for The Club

I am pleased to announce that SARRC will conduct a high profile large participation run at low entry cost on Sunday 4th August, an 8k event six weeks before the City - Bay. It will be under the Race Directorship of Colin McGaffin, assisted by Leonie Fischer and other helpful people from O'Halloran Hill Branch. Put that date in your diary and invite friends and relatives to enter that event, either walking, jogging or running.

Daihatsu Adelaide Marathon

Congratulations to Daihatsu Australia for winning the sponsorship for this prestigious event.

Our Club will be conducting the Daihatsu Adelaide Marathon and 1/2 Marathon on Sunday 1st September at 7.00 a.m. Thanks to successful negotiations with the Adelaide City Council and the S.A. Police we will be conducting the Marathon and 1/2 Marathon on the same course as last year, including Botanic Park.

A strong invitation has been extended to Athletics S.A. to include the S.A. Marathon Championship in our event. I am currently negotiating with David Prince, the President of Athletics Australia, to bring about this involvement with our Club.

Runners Forums

For people wanting to run or walk 8kms, 1/2 Marathon or Marathon Small group discussion regarding the distance in which you are interested will be part of the evening's activities.

Videos on running and drinks for the first 15 minutes. (See yourself finishing the Greenbelt!)

Both forums will be conducted at C.O.P.E., 116 Hutt Street, Adelaide. 5.30 for a 5.45 start, concluding at 7.15 p.m.

Dates; Monday, 3rd June and Monday July 1st

Please come and gain and share information while you get to know fellow Club Members.

Adelaide Resident runs to Brisbane

John Moyle left Adelaide at 11 a.m. on Monday 22nd April with the goal of running 50 ks a day every day for 8 weeks. He is raising the awareness and money for "Sightfirst".

As at January 1991 there were 40 million blind people in the world, and this figure will reach one hundred million by the year 2020 unless major steps can be taken to prevent it.

Of those forty million cases of blindness, at least 80% are treatable or preventable.

More than 50% of blindness is caused by cataracts, a problem which medical science has the knowledge and ability to treat.

In Australia, diabetes is a major cause of blindness, as is Trachoma, a viral infection common amongst Aborigines. We wish John and the "Sightfirst" project all the best.

Congratulations

Congratulations to David O'Donnell on his recent marriage. Deb and David have just returned from their overseas honeymoon.

Setting the Record Straight

The Women's field for the Daihatsu Adelaide Marathon and 1/2 Marathon looks strong, with Bev Lucas, Jeanette Mace, Heather Rose, Jill Crump and Margaret Grice set to run well, and hopefully Trudy Fenton will also be available for this event.

In the Men's section it is well known that Robert De Castella will be running a Marathon between now and the Barcelona Olympics. Our Marathon is very well positioned for him, but it is not yet confirmed that he will be running.

I look forward to chatting with you on the run.

Robert Freak
President

Konica BUSINESS MACHINES

THE NEW BREED OF PHOTOCOPIERS & FACSIMILES

TEL: (08) 231 2911

FAX: (08) 231 4578

EDITORS NOTES

Sponsorship is essential to the running of SARRC whether it be in the form of race sponsorship or donations of goods and services to aid in the running of the club and its runs. To enable the club to continue to benefit (and you it's members) it is essential that these businesses are acknowledged by the members. So if you are purchasing goods or services, at least give our sponsors a ring and allow them to quote you a price and please don't forget to tell them that your a member of Road Runners.

PICCADILLY NATURAL SPRINGS provide us with lovely fresh spring water. JARVIS FORD provide us with the club van, which makes collection of goods for the club much easier. CLEANAWAY provide all our bins. KONICA BUSINESS MACHINES for supplying both the paper and photocopying machines for the printing of the newsletter. We should also thank Rob Janiszewski and his helpers who copy all the newsletters in their own time and also the helpers for putting the footnotes into envelopes and the post.

The Half Marathon also had many sponsors who donated either goods for the run or random draw prizes. Our appreciation goes to:

SOUTH AUSTRALIAN BREWING, for a tent and cups

ASICS, for random draw prizes and first prize for the half winners

DAIHATSU, for a tent

MAX GRIGOUL, for the fruit

ASHWELL FRAMES, for the truck and other services

WALKERVILLE CELLARS, SEPPELTS, PETER AND ROBERT HAIRDRESSING, PICCADILLY CINEMAS, GREATER UNION THEATRES, JOGGERSWORLD, BERRI REMANO, NIPPYS AND VENEZIA.

10/25 km AND 5x5 RELAY

Don't forget that Sunday 30th June is the 10/25km incorporating the 5x5 relay event. Start is 7.30am in Memorial Drive, behind the Zoo.

A Scenic Course through Botanic Park and all finishers get an Authentic Certificate.

The cost is \$6.00 for SARRC members, \$9.00 for non-members and \$20.00 for a team.

Entry forms are available at SARRC office or Sunday mornings.

ATTRACTIVE AND LONELY RACE DIRECTOR,

Would like to hear from as many people as possible, like minded people for mutual participation.

Prefer those who like dressing up in bright orange vests, standing in roads and dominating 300 nearly naked runners.

Lets make a date: Sunday 30th June at 7.00am

Call me any time 296 6001 (AH)

SIMON TRANGMAR

BIRTH NOTICE

Congratulations are due to Nigel Titchmarsh and his wife on the birth of a daughter, Danielle Louise, on March 25th. Danielle weighed in at 8lb 7oz. Nigel will be known to many of you as the volunteer in the SARRC office. Now he is busy being a father we do not seem to see so much of Nigel. Lets hope it has not affected his running!

TENTS

Any member who owns a reasonable size tent and willing to lend it to SARRC for races is asked to let Clare know.

SPORTSLOVER SPONSORSHIP

A few members have complained that their Sportslover Discount card is not being honored at some of the Sportslover Stores. We have had confirmation from Rodney Robran that his store in Rundle Mall, Westfield Marion Shopping Centre and Tea Tree Plaza (2 stores) will honor the card. All you need to do to obtain a discount is produce your SARRC/SPORTSLOVER discount (20%) card.

CHANGE OF SEASON

No doubt most runners have welcomed the cooler weather of autumn. It certainly makes training easier than in the heat of summer. One member was heard complaining about the summer heat recently, it appears that his car phone was heating up so much in the summer that his ear was being burnt. Rumour has it that he is seeking a state-of-the-art airconditioned car phone to make life just a little more pleasant. Life must be tough at the top!

SPORTING LOTTERY

SARRC's major fund raiser for the year is the sporting lottery for which we receive 80% from the tickets we sell. If you haven't sold any books yet please contact the SARRC office or Ray Paynter 2315087 (work) or 3323550 (home). If you still have books can you please sell them as quickly as possible and return the books to Ray.

CLUB T-SHIRTS

Once again we have a limited supply of SARRC T-shirts in sizes 14 and 16 (blue) and 18 & 20 (white). They are a good quality T-shirt, with a round neck and raglan sleeve and bound edging. They are priced to sell at \$12.50. They are available from the office or Leonie Fischer. Many thanks to Leonie for organizing the T-shirts.

REQUEST FOR HELP OF AN UNUSUAL NATURE

We have had a request from a runner, Bob Hall, who works with young people as part of his job in the Department of Family and Community Services. Bob is running with a young man of 17 with a mild intellectual handicap but sees that he will not be able to do this for much longer. Chris ran in the Greenbelt Half Marathon in a time 1:39:21. He needs a companion to run with him and to help keep him motivated. Currently he is preparing for the Daihatsu Adelaide Marathon, his first Marathon. Running is very important in Chris's life and Bob thinks he has quite a lot of potential and would like him to be able to continue. Chris lives at Athol Park.

Is there someone who would like to talk to Bob and to commit some running time to Chris and help him intergrate with SARRC and also achieve his goal of a marathon. Please call Clare on 213 0615.

BEST RESULTS AFTER INJURY

1. Rest for 2 days after the injury, this allows the body to start the healing process, it also reduces muscle spasms, inflammation and pain.
2. Remobilization to restore proper movement to the area, this usually includes passive exercise and gentle stretching. If this is not started a few days after an injury excessive scar tissue will develop, causing long term and/or permanent damage to the area of the injury.
3. Rehabilitation restores strength to the area by more strenuous exercises to improve weakened muscles and increase range of movement in any area which may have been limited.
4. Lifestyle adaptation just like scars on the body, scars can occur within the body. This may lead to some permanent weakness or limitation of movement, or pain in the same area as the injury. If this has occurred lifestyle has to be evaluated to prevent further injury and scar tissue development.

Dr. JJ Triano 9th Annual Weeklong Seminar 19/2/91.

BUS TRIP - PICHI RICHI

A bus will again be going to the Pichi Richi Marathon and Half Marathon on July 6th - 7th. Cost of the bus trip is approximately \$25.00. Motel accommodation will be arranged, costs for this are as yet unknown. Payments for this are to be made by individuals when registering on Saturday.

Enquiries/bookings: Jenny Dabinett 344 7637 (A.H.)
Rod Martin 261 6927 (A.H.)

SITUATIONS VACANT

Running and Fitness Instructors and Helpers

Do you want to meet lots of great people and help others get started and enjoy running? Become an instructor, new classes start on May 26th and help is needed urgently. Contact Jenny Prider or any other instructor if you can help.

TRAINING AND EDUCATION

Congratulations to all those who have recently completed our start running classes and welcome to all those who have become SARRC members. We hope your running will continue to improve and you will gain further enjoyment out of running.

Thanks to Rod Martin and Reg Ayliffe who have ably assisted the North Adelaide Group, Pat Satchel for taking Eric's place at O'Halloran Hill and Ted Trojanowski and Jenny Prider for getting Parkside Started.

The advanced Beginners have continued to gain strength under the guidance of Trevor Ball and Ray Haese. Congratulations to all those who have now completed several fun runs.

"THE LEADER" BAROSSA HALF MARATHON AND 5KM

Half Marathon

Male	Female
1 Warren Partland 1:07:36	Trudy Fenton 1:21:39
2 Steve Guy 1:12:07	Heather Rose 1:26:01
3 John Lisiewicz 1:12:36	Jenny Flynn 1:29:11

5Km

1 Shannon Stacey 15.29	Marg McNamara 20.08
2 Steve Davies 16.05	Kerry Wilson 20.40
3 Tim Lomman 16.11	Tamara Bass 21.09

Full results of both events are available at SARRC office.

RUNNERS FORUMS

Monday June 3rd and Monday July 1st, should be put aside for the runners forums to be held at C.O.P.E., 116 Hutt Street, Adelaide.

Starting at 5.30 and concluding about 7.15pm

COMING EVENT

July 27 marks the first settlement in South Australia, which many will be surprised to know was actually on Kangaroo Island.

July 27th, Saturday is the day of the SA Settlement Day Footrace at Kingscote, Kangaroo Island. More correctly the race is run at Reeves Point close to Kingscote. The main event is a 4.5km race, with a 120m sprint also on the programme. For Further information please contact Ants Harris on (0848) 22565.

"IT HAPPENS TO ALL OF US"

We make enough of our own mistakes without the help of others. Those of you with a sharp eye will have picked up the error in the AUSTRALIAN RUNNER Calendar published in Vol 10 No. 6. Gremlins got into the system and they used last years information for the marathon getting both the name of the event and the date wrong. In the next issue we are placing a half page advertisement to correct the error and the editor, Terry O'Halloran has promised to give some editorial space to correct the mistake and to promote our event which, in case you've not heard is

DAIHATSU ADELAIDE MARATHON & HALF MARATHON

on SUNDAY 1st SEPTEMBER 1991.

AUSTRALIAN RUNNER is sold at the SARRC office. Vol 10 No. 7 should be available from May 15 for \$4.00. If you are not a subscriber already to the AUSTRALIAN RUNNER, there is an offer for a free training diary and entry for a draw, which is part of a subscription drive, included with this issue of footnotes. You will find heaps of interesting articles on running, fitness, training, and injuries in the magazine. If you would like to look at a back copy, ask for one to review next time your in the office.

If anyone has an inclination towards writing, we could use your skills. If we had someone to write up our events and send material of to the publishers we would find more coverage of SA events in this magazine. You dont need to be a journalist. Give it some thought and call Clare at the office if you are prepared to give it a go.

RIVERLAND MARATHON AND HALF MARATHON

The Riverland Marathon and Half Marathon events will be conducted at Loxton on Sunday 19th May 1991. The Murray Pioneer/5RM 5 and 10km fun runs will be held in conjunction with this Marathon.

All events will be run on a course almost identical to that used for the highly successful inaugural Riverland Marathon held last year, in September.

Entry events for this event are available from Sunday morning runs and SARRC office.

GREENBELT HALF MARATHON AND 10KM

The event was held in near perfect conditions, clear, cool (17oC) and calm. The course was to AIMS standard with police control. It included parts of the city and surrounding Greenbelt.

The first placegetter, in the half, was Geoff Large, a Sydney runner visitng Adelaide for a wedding. Nice work Geoff.

For the first time a 10km event was held in conjunction with the Half Marathon and attracted 85 entries. The proceeds of this event have gone to charity.

Tony Ashwell and the Race Committee, did a fantastic job. They came in at very short notice, worked like trojans and somehow pulled it all together on the day. A few hiccups occurred on the day and Tony will be working hard to eliminate these for the running of the Marathon.

MALE		FEMALE	
Half Marathon			
1 Geoff Large	1:11:49	Bev Lucas	1:18:36
2 Greg Coulter	1:14:02	Jeanette Mase	1:21:26
3 Tony McCool	1:15:10	Jill Crump	1:23:11

10km	
1 Carl McMillam	Marcia Sheer
2 Mike McAullife	Jenny Flynn
3 Mike Nolan	Karen Janiszewski

THANKYOU

Many thanks to all the volunteers, who at such short notice helped in the organisation prior to and on the day of the Greenbelt Half Marathon and Charity 10km run. Of special note was the great support received from both volunteers and runners, in clearing Elder Park after the event.

As usual the S.A. Police provided excellent traffic control and verbal support to runners. The St. Johns Ambulance Brigade and The Race Doctor, Dr. Andrew McComb were in attendance. There was good co-operation from all departments of the Adelaide City Council.

There were many generous donations of random draw prizes from local traders . Even a perfect day from the weather man.

Thankyou again to all the participants in the event in whatever capacity. I as race director am particularly interested in your thoughts on the event and any suggestions for improvements which could be incorporated into the marathon on September 1st. I would welcome comments especially from walkers who are more recent members to the club.

TONY ASHWELL
RACE DIRECTOR

LETTERS TO THE EDITOR

Dear Sir/Madam,

I wish to commend those anonymous people whose job it is to compile and distribute "Footnotes" and accompanying entry forms - it is really appreciated.

I am a member of the North Haven Chapter of Road Runners and the West Lakes Triathlon Club, I am urgently seeking a running partner to run Monday, Wednesday, Friday (after 3pm) and Saturday (all day) - preferably someone who lives in the vicinity of Port Adelaide, Nth. Haven, West Lakes or Semaphore. I much prefer to run with someone when running distances, to alleviate the boredom. My regular runs average 15-20km and I am keen to improve my endurance further.

My phone number is 49 4386(home) or 47 9296(work).

Leanne Clayfield (SARRC 0021)

Dear Rob,

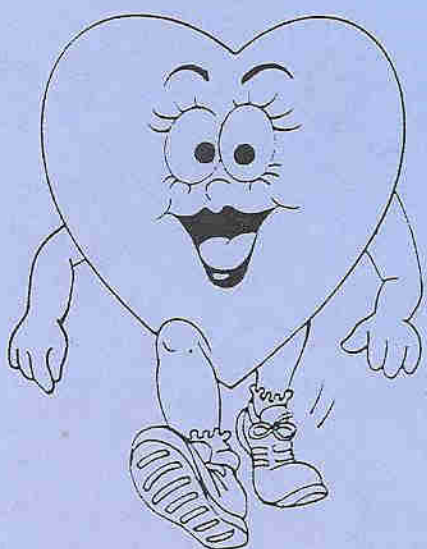
Just a few lines to let you know what a pleasure it was to run the Greenbelt Half Marathon. It was an extremely well organised event along a beautiful course which I found a rare treat after running in Sydney. I was especially impressed by the help and co-operation given by the police department another rare treat after Sydney where runners are left to fend for themselves.

We hope to be able to come down for a few more races in the future - after all, why run the City to Surf when you can run here.

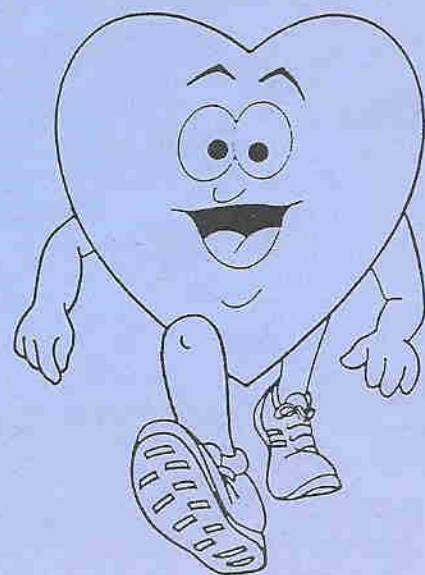
Thankyou to Tony and the team.

Best of luck with future projects.

Geoff Large



**“Exercise,
take another step”**





DAIHATSU
ADELAIDE MARATHON
& 1/2 MARATHON



Sunday 1st September, 1991

- * Australia's Friendliest Marathon
- * City & Parkland course (same as last year)
- * Start and finish at the same place
- * Accurately measured course (AIMS standard)

Entry form from:

SA Road Runners Club
1 Sturt Street, Adelaide SA 5000
Telephone (08) 213 0615

SEE YOU IN ADELAIDE 1ST SEPTEMBER, 1991

SOUTH AUSTRALIAN ROAD RUNNERS CLUB
PROUDLY SPONSORED BY FOUNDATION SA

PRESIDENT'S REPORT

Sunday 30th June saw another well attended Club event.

This was followed the next night by a full house at COPE for the Runner's Forum.

A special thankyou must go the Simon Trangmar Race Director for the 10K-25K and relay event which saw some 25% more entries this year taking us over the seven hundred participants plus many vocal supporters.

Thanks also to Bob Ansell who supervised the finish system.

We had twenty new members last months and we welcome them to our club.

New SARRC T-Shirts

People who would like to purchase your clubs emblem on a T-shirt of your size please contact Leonie Fisher and SARRC office who will be more that happy to supply you one for \$13.00.

SARRC Badges

Thanks to the good work of Dave Birkett our club badges for sale these can go on track suits, singlets, shorts whatever. Because this is promoting our club we are selling them for \$3.50 only please contact the office or SARRC Board members as we want our club to be well known.

Lets Get the Record Straight

Board Members of the club have asked me to

make a statement regarding the Diahatsu Adelaide Marathon. In the hope that those athletes who are registered with Athletics South Australia and who are valued members of our club also those members of our club who associate with Athletics SA members who are not aware of the efforts that the Board of SARRC have gone to to try and provide and opportunity for them to run in our marathon.

The facts are that our final offer to Athletics SA was that athletes could run in our event for the same price as our club members would pay and that 60% of the entry fee that they paid would be given to Athletics SA and that our club would continue to run the event as we have done for the last 13 years.

For some reason better known to Athletics SA they chose to not accept this offer.

Many athletes have informed us that they are looking forward to testing themselves on the 1st of September in the Diahatsu Adelaide Marathon, because its a good course, traffic free, accurate kilometre marks, specialist water stops, well organised and friendly with plenty of spectators.

SARRC Commitment to Shorter Events

8K 4th August

Please tell your work colleagues, friends and relatives.

See you on the 21st July for the 15/30K

**Robert Freak
President**

Konica BUSINESS MACHINES

THE NEW BREED OF PHOTOCOPIERS & FACSIMILES

TEL: (08) 231 2911

FAX: (08) 231 4578

EDITORS NOTE

We are approaching the very busy time of the year again for Road Runners with 3 races to be held in the next two months and of course one of them being the Marathon. It is very important that we get the support of club members in volunteering to do tasks before, during and after these upcoming events. If we do not get help there will simply be less races for you to participate in next year.

We again thank all those who have given the club support through sponsorship and ask that you as members if purchasing goods and services from these places let them know you are a SARRC member.

Just a reminder our major sponsors are:-

PICCADILLY NATURAL SPRINGS, JARVIS FORD, CLEANAWAY, KONICA BUSINESS MACHINES AND DAIHATSU.

Please also note the sponsors of the 10/25km event, as mentioned in the Race Directors Report.

PARKLANDS 8KM

Mark Sunday 4th August in your Diary now for the new picturesque Parklands 8km. The event will start at 8.00am with a light refreshing run around Memorial Drive, Melbourne Street and Bunday's Road.

This is an ideal run to bring along friends and neighbours who you've been encouraging to join in fun runs. It is an ideal run for anybody training for the "City to Bay" fun run.

Entry forms are included with this issue of "Footnotes",

Note the cheap entry fee which should encourage everybody to participate.

Finishers Certificates will be given to all finishers and there will be random draw prizes.

MARATHON ACCOMMODATION

We have received a letter from two gentlemen, who wish to run the DAIHATSU Adelaide Marathon and are seeking accommodation. They are aged 41 and 68. They are willing to put up people in Melbourne in return for a kind favour. Mr. Edward Costley is one of the gentleman and can be contacted on 03 786 9764.

SUBJECTS WANTED

Honours Experiment: Exercise and Sleep

If you are a physically fit male aged 18 - 30 years of age and have a running program that is as follows;

1. You run, at a minimum, 5 days a week;
2. The run is undertaken in the afternoon;

3. You are established habitual runner.

Payment will be given to all subjects! If you are interested please contact: Geoff Fraser 201 2469 or Tara Hemingway 297 3942

COMRADES ULTRA MARATHON

Comrades Ultra Marathon has been run again in South Africa for 1991. The 89.2km run is from Pietermaritzberg to Durban, attracting some 14,993 starters with 14,500 finishing. The winning male was Nic Bester in 5:40:50 some 15 minutes outside nine time winner, Bruce Fordyce's record 5:24:07. Firth van der Merwe won the women's in 6:08:40 some 18 minutes outside her record of 5:50:53.

DR. MICHEALS STRESS DIET

BREAKFAST

Half a Grapefruit
1 slice of wholemeal toast
250mls skimmed milk

MID AFTERNOON SNACK

Rest of packet of Tim Tams
2 litres of Chocolate Ice cream
1 bottle Ice Magic

LUNCH

125g lean grilled fish
1 cup of steamed zucchini
1 Tim Tam
Herb Tea

DINNER

2 loaves of garlic bread
Large Pepperoni Pizza
Jug of Beer
3 milky way bars
Entire frozen cheesecake
(eaten directly from freezer)

IMPORTANT DIETING TIPS

1. If no one sees you eat it, it has no calories
2. If you drink a lo-cal drink with a chocolate bar, they cancel each other out
3. When eating with some one else calories don't count
4. Food eaten for medicinal purposes never count (eg. lemon & honey brandy, chicken soup or Sara Lee cheesecakes)
5. If you fatten everybody up around you, then you look thinner.
6. Movie related foods such as Chocolate coated ice-cream, Jaffas and popcorn don't count as they are part of the whole entertainment experience and not part of ones personal fuel.
7. Broken biscuits contain no calories, the process of breakage causes calorie leakage

DAIHATSU ADELAIDE MARATHON AND HALF MARATHON

REGISTERED ATHLETES AND DRC MEMBERS, the entry fee is \$25.00 for the Marathon. Unfortunately this was omitted from the entry form.

WALKERS were also omitted from the entry form. Arrangements for walkers are the same as for 1990. Please put walker on your entry form.

HALF MARATHON the course will be the same as last year. A map will be sent with your race number.

MERCHANDISE Order forms will be sent with Race Numbers.

TEAMS of up to 5 members are welcomed. This will make participation possible for those who were not contemplating the full or half. For further information contact Clare in the office.

CARBO PARTY _ FRIDAY AUGUST 30, 6.30p.m. At Venetia (Bookings to be made at the office). The menu is as follows:-

Pumpkin/minestrone Soup
Risotto Verdun/Vegetarian Rice
Pasta Three Varieties with Garlic bread/Herb Bread/Salads
Ice Cream Cake/ Tea or Coffee
Cost \$12.50 per head and \$10.00u/16.

POST RACE PARTY- SUNDAY SEPTEMBER 1, 6.30p.m. at Venetias

Cauliflower Soup/ Chicken Consomme
Veal with Mushroom/ Veal Diavolo
Pasta with Broccoli/Fillets of Fish with Lemon Sauce/Salads
Trifle/Fruit Salad/Gelati/Coffee or Tea
Cost \$15.00

10/25km results

10km MEN WOMEN
1st Tony Jarrett 33:15 Marcia Sheer 35:30
2nd Tony Symons 33:34 Sue Wise 41:06
3rd Grant Brown 33:41 Jayne Gill 44:07

25km Men Women
1st Robert Ziersch 1:27:36 Bev Lucas 1:36:00
2nd John Crafter 1:28:00 Jill Crump 1:43:05
3rd Tony McCool 1:29:08 Yvonne Parkinson 1:54:28

25km Men
1st No Names Please 1:27:00 Lucas Girls 1:49:57
2nd Casino Aces 1:31:00 The Razor Backs 1:51:20
3rd Laker Tri Club 1:33:12 AB Early Birds 1:59:37

10/25 km RACE DIRECTORS REPORT

The event was testimony (as if such a thing were needed) that running is a sport for the dedicated. Rain certainly did not stop play.

New to the arena of race directing, I had been arranging, co-ordinating and generally hassling other board members for the last 3 months. All volunteers, phoned the day prior to confirm availability and in theory at least, everything was set, nothing could be simpler - Planning had after all included some built in time delay factors. The simultaneous starting time of three separate events, with different starting locations at a identical time was a mere matter of synchronising to a master clock. I was an experienced runner, it would be easy. How wrong I was.

I learned many valuable lessons, the most important being that planning is essential.

Picture the scene:

You have been up most of the night making final arrangements and preparations. At 6am, in the dark and wet conditions, setting up finish areas, marquees, marker posts etc and the 7.30 deadline is approaching with increasing speed. With many thanks to Ray Paynter for his help here.

7.20 am and late entries are still arriving. For reasons of safety the police insist the event starts on time. Standing in front of 600 runners, with only minutes to explain the format and last minute queries. Suddenly you realizes the clock hasn't been synchronised and the 10 km starting official had to be used as a last minute marshall. On paper it was to have been easy.

It is therefore with the profoundest gratitude, I thank Bronte Turner and Kevin Lynch for rescuing both myself and the day.

Enough about that. Other well deserved accolades to all of my helpers and volunteers you're efforts were well appreciated. The volunteers who turned up on time, some very early, performing thier tasks and helping when ever and where ever asked.

I would also like to thank Clare Cotton and the office volunteers for back up well beyond the call of duty.

Acknowledgment should also go to our sponsors Foundation S.A, Daihatsu, Better Body Gyms, Travel Lodge, Adelaide Aquatic Centre, Australian Runners Magazine, Ford Credit , National Motor Museum, Birdwood, Venetzia's Restaurant and Konica.

Thanks should also go to Adelaide City Council, S.A. Police Force and St. Johns Ambulance, none of our events would be possible without thier continued support.

My thanks to Alan Morton of Daihatsu for lending the essential Marquee and "pulling a few strings on the day".

Finally my thanks to my wife Sarah and my employer Ford Credit for their support and tolerance. Maybe life can return to normal as training begins in earnest for the marathon.

I hope I've maintained your attention for this long as the next part is the main reason for writing.

The club is run by runners for runners, for you its members. As an athlete myself I acknowledge the need to participate in competition but I would urge anyone who is reading this who is injured or knows somebody who will not be running in a future event to come forward and support the Race Director.

It is a rewarding challenge being responsible for an event. However, I am now qualified to say it is also an awesome responsibility.

I understand that volunteer has conitations of "co-erced unfortunates", but it isn't like that. As a marshall in previous events, I know the "buzz" you can get from helping. Participants in our events often comment how well organized they are. I am proud of this reputation and issue a heart felt plea on behalf of forth coming events Rcae Directors, PLEASE PLEASE PLEASE contact them or the office and offer your help.

PLEASE PLEASE PLEASE, share the burden and indeed the pride.

SIMON TRANGMAR
RACE DIRECTOR

OFFICE VOLUNTEERS

Clare is URGENTLY seeking help in the office. We have only one part time worker in the office for 16 hours. In the next 8 weeks we require about 80 hours of work to be done per week. If you can do regular 3 hour shifts (handling incoming mail, telephone enquiries and counter service) or casual help (Mailouts, stuffing envelopes etc.), please call Clare.

MAX & TINA GRIGUOL AWARDS

The Max and Tina Grigoul Awards are presented to a club member who runs the best time for his and her first marathon. We require a clear statement to be received that you have not participated in a marathon before, prior to the event. Failure to lodge this statement will make you ineligible for this prize. There is a male and female category.

FOUR PREMIER EVENTS

If you have entered the Marathon on the four premier events form please read on.

Information regarding each of the individual events was incomplete at the time of printing. If this has inconvenienced you we apologize.

RUNNING PARTNER

Bob Hall is still looking for a running partner for Chris, the Blind Boy, who lives at Athol Park. Ring CLare for more information.

LONDON MARATHON

Early in October 1990 I received a phone call to say I was the winner of the free trip to run in the London Marathon (donated by Qantas). "A dream come true", I was born in London but never thought that one day I would return to take part in such a fantastic race.

Being like most runners within hours of the news I was out on the road training. My weekly mileage went from 50 to 90kms. Soon I developed shin splints (3 weeks off). After getting back into training again, I started to worry if I would make it at all. Within two months I had another 3 weeks off with shin splints, although my training schedule was looking a bit of a mess I was determined to be there on race day, even if I had to walk part of the course.

Leaving family, friends and loved ones was difficult but once airborne my thoughts were in the UK. After a great flight with Qantas, I was met by my sister at London Airport. For the next 10 days I stayed with her and her husband, in Edenbridge, Kent and tried to recover from my jet-lag and get used to the colder weather.

I ventured up to London to obtain my running number from Gwen Davies (Muscular Dystrophy) she's a lovely lady and made me very welcome. Then it was to the London Marathon Marquee to obtain a few souvenirs.

The night before the race there was a snow storm. Although the morning of the race the sun was out it felt very cold, 4oC.

After the gun it was nearly 4 minutes before reaching the start line, 27,000 runners took part, the excitement of the day soon hits you, what a great atmosphere! Rock Groups, Brass Bands, Pearly Kings and Queens, Disc Jockeys music ringing out. All over the course people cheering you on. At 6 miles we passthe Cutty Sark, 12 miles I spot family and friends on Tower Bridge. At the half way mark although running well I was starting to feel the cold. The loop at the Isle of Dogs 15-19 miles (bit of cramp), the last few miles were a real struggle. The tower, Victoria Embankment, St. James' Park and Buckingham Palace, Westminster Bridge, I've made it 3hrs 35mins on my watch. Cold, Exhausted and Elated.

It was over 6 months since that phone call from Eve Stevens at Muscular Dystrophy. My big day had come and gone, but it will live with me forever.

Thankyou Qantas Airways
Thankyou Muscular Dystrophy Assoc.

Peter Gilkes
SARRC Member 414.

PLEASE BE PART OF THE 1991 QANTAS MUSCLE TEAM

You can be part of the QANTAS MUSCLE TEAM by filling in the registration form (available at SARRC office) and sending it into the Muscular Dystrophy Assoc., GPO Box 414, Adelaide SA 5001. Or phone 212 6694 and ask to have one posted to you.

You will then receive a sponsors form, a special QMT singlet and obtain the TEams newsletter. In return you will need to obtain sponsorship of \$50.00 to be eligible for the draw.

Last years team raised \$18,000.00, an average of \$150.00 per person.

Half Marathoners and relay teams can also participate in the QANTAS MUSCLE TEAM. The prize for the half marathoners is a draw for a weekend for two at the fabulous Terrace Hotel while there will be personal and team trophies for relay teams. In return all you need to raise is \$30.00 in sponsorship.

MAKE YOUR EFFORTS WORTH WHILE JOIN THE QANTAS MUSCLE TEAM

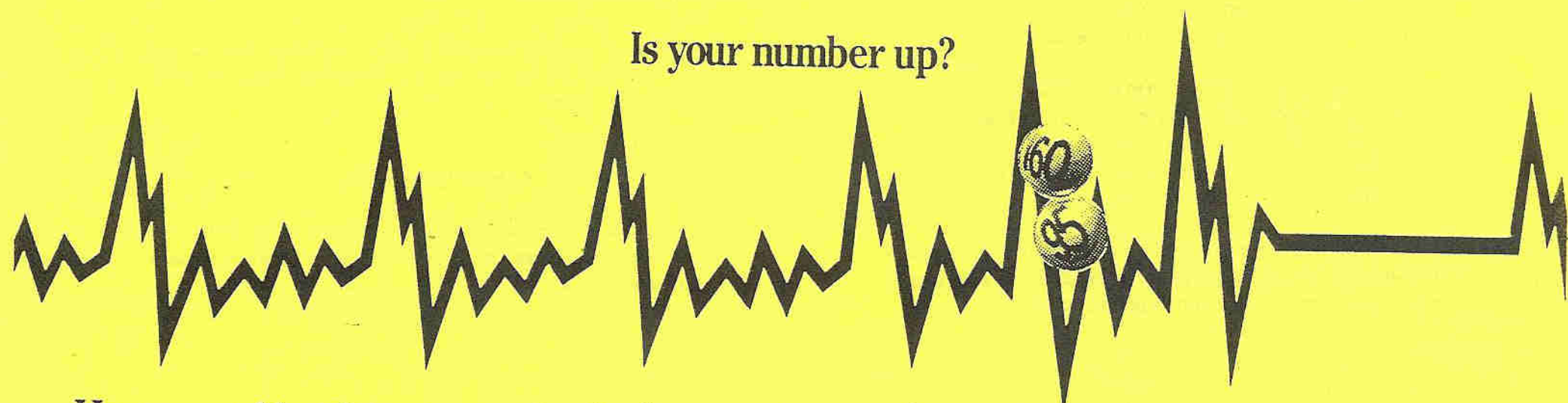
PACK RUNS ON SUNDAYS

July	DISTANCE	10KM GROUP
14	Tea Tree Plaza 32	Heritage
21	15/30 WEST BEACH	
28	Morailta 31	St. Helens Park
August		
4	8KM PARKLANDS FUN RUN	
11	West Beach 32	Golf Links
18	Tea Tree Plaza 32	Port Road
25	Lower Mithcham 21	Marden
sept 1	DAIHATSU ADELAIDE MARATHON	



Peter Gilkes
Q. M. Team
winner with
Captain Harry
Carpenter of
Muscular
Dystrophy
Britain
21-5-91

Is your number up?



Have your blood pressure checked every year by your doctor or health professional.

“I was determined to start living my life . . . so I put on a pair of runners and went jogging.”

Marathon man - and he's only 66

By MICHELLE STAMPER

At 66 you would think a man would want to slow down, relax and take things easy.

Not Eric Fazackerly. He competes in marathons and trains by running up to 100km a week.

This weekend the O'Halloran Hill veteran will compete in his 10th marathon since taking up the gruelling sport in 1982.

Eric will join more than 300 local and overseas competitors at Adelaide Oval on Sunday for the Adelaide Marathon.

He first took an interest in his fitness when his father died at 54. "I began to think about things after losing my father at such a young age," Eric said.

"I was determined to start living my life. I was going to gym and that's when the running phase just started to come in. I just put on a pair of runners and went jogging."

But it wasn't an easy path at first for the veteran.

"I remember buying my first pair of sneakers. There was two

pairs one \$4.99 and the others \$5.99. I decided to go for the more expensive pair at \$5.99 and that's where the trouble began," he laughed.

"I really ran into trouble that first year because I wasn't educated about running but I managed to gain as much information as I could and now I'm running one marathon a year."

And Eric has an impressive list of finishes to his credit.

Earlier this year he completed the scenic London Marathon which draws more than 25,000 entrants.

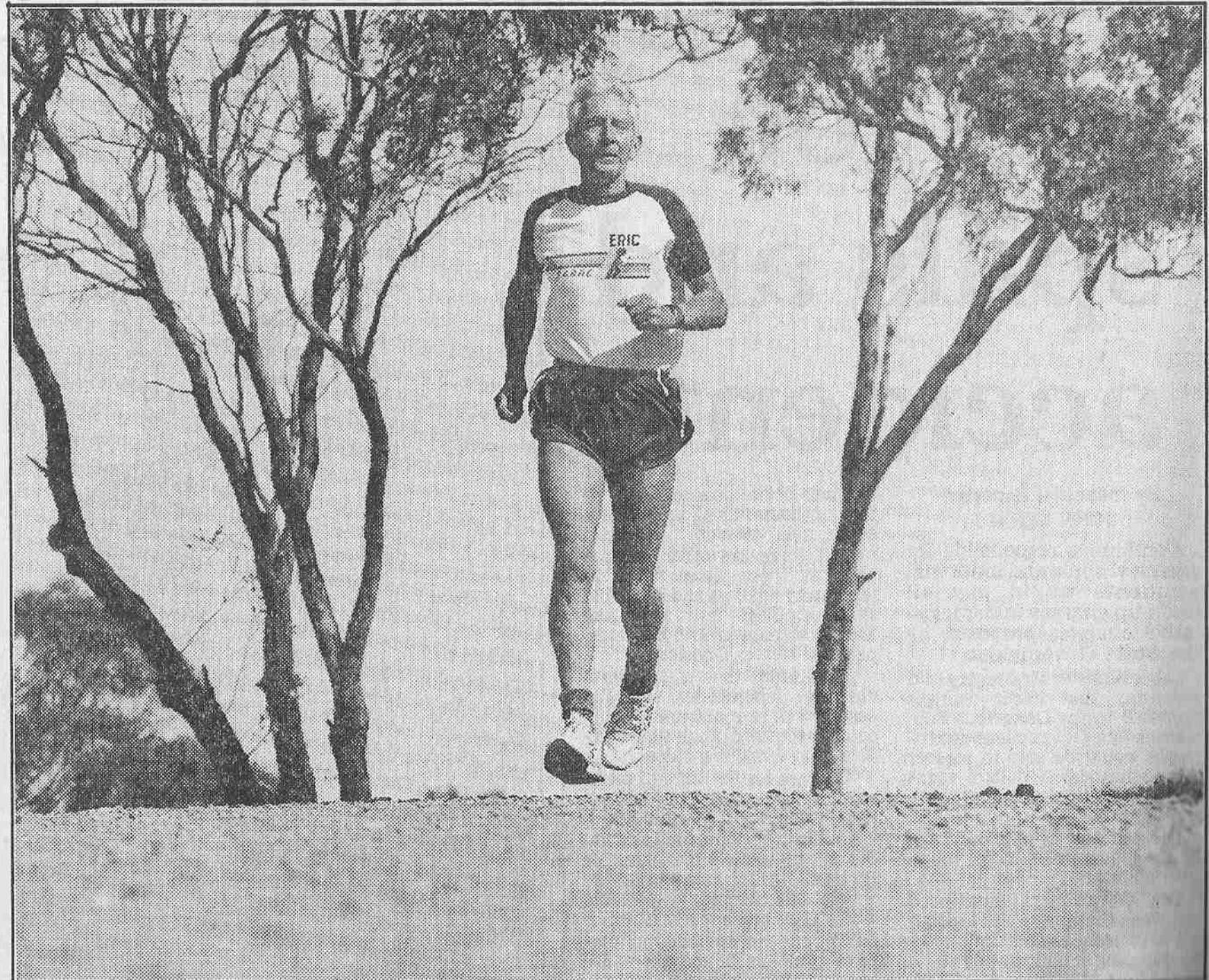
"I don't know how many more I will complete," he said.

"But I'm happier I've done it."

"It is an ultimate achievement to me, completing a marathon."

Eric is no slouch. His fastest marathon time to date is three hours 43 minutes - but he happily admits he is slowing down.

He hopes to finish this weekend's event in "about four hours".



Eric Fazackerly: "I began to think about things after losing my father at such a young age." Picture: STEVE MORENO

Joe has marathon goal

By LIAM OWEN

Adelaide's leading marathon runner, Joe Petkovic, is confident of breaking the 2½-hour mark for the first time in winning tomorrow's annual Daihatsu Adelaide Marathon.

Petkovic surprised organisers by becoming a late entry yesterday after he raced in the State marathon just last weekend, which he won in 2:35.30.

Ballarat's Andrew Johns, who trains with Australia's world championship and Olympic marathon hopeful Steve Monaggetti, will be Petkovic's main rival in the race to the finish.

Former Westfield Shoppingtown Ultra Marathon champion David Standeven, who is still recovering from the 100km Ultra Marathon last

weekend, hopes to finish the race in under three hours.

Standeven won Sunday's gruelling Adelaide-Victor Harbor race in 7:31.01.

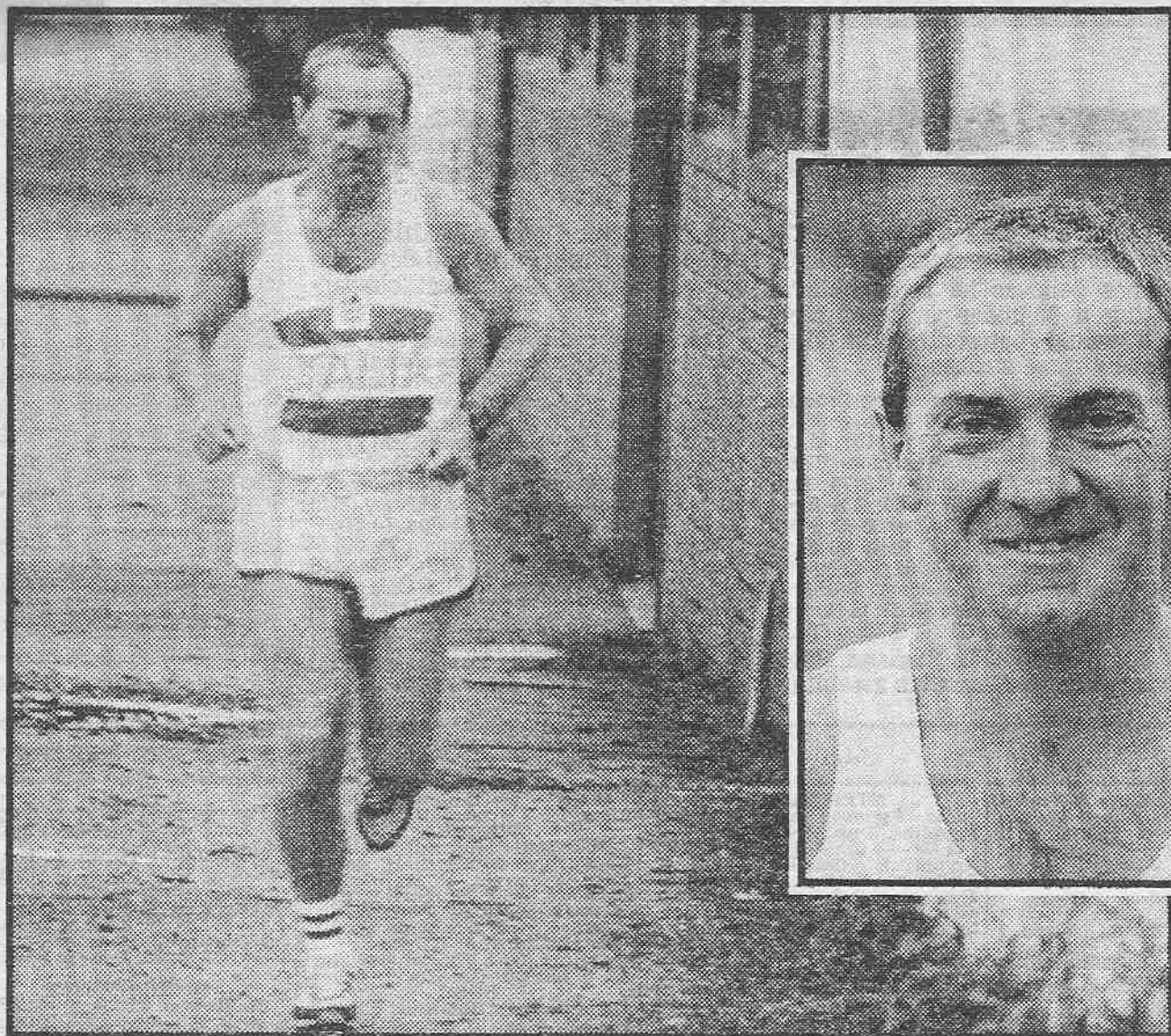
Premier John Bannon will also be trying to break the three-hour mark in his 13th marathon.

He will lead the Labor Party team, which will fight it out to the finish against a Liberal Party team.

More than 700 men and women have entered, with about one third of the field coming from interstate, 10 from New Zealand and one each from New York and Italy.

The event starts from King Williams St (opposite Adelaide Oval) at 7am today and will finish at Elder Park around 9.30am.

Organisers hope to raise more than \$25,000 for people with muscular dystrophy.



William Govi: "I made the trip to Australia to achieve my goal of running marathons on five continents."

Marathon man

By HANNIBAL ROSSI

Murray's 3200km run

Italian marathon man William Govi could clock up more marathon races than our own Robert de Castella or Steve Moneghetti before he hangs up his shoes.

The 35-year-old industrial machine designer from near the northern city of Reggio Emilia is contesting today's Daihatsu Adelaide Marathon through the city, his eleventh 42.2km race for 1991 — and he is not done yet.

"I will run another 10 marathon races between now and the end of December," he said.

Govi has roamed the world running in exotic locations like Rio de Janeiro, Jakarta and Marrakesh.

He has run a prolific 163 marathons since 1979, including 44 outside Italy.

The latter include places such as New York, Munich, Malta, Moscow, Prague and Stockholm.

"I made the trip to Australia to achieve my goal of running marathons on five continents," he said.

"I'm an amateur and run for pleasure. In most races I take some photos

Ultra marathon runner Murray Cox is summoning himself for a challenge of a lifetime next month — all in the aid of education.

Cox, ranked in the top 20 ultra marathoners in the world, is aiming to set a world record when he sets out to run the 3200km from Darwin to Adelaide in 32 days.

The Life Education Centre, which provides a drug education program in mobile classrooms for primary school children in SA, will receive all proceeds from the event.

Cox will leave on October 19 and need

to average 100kms each day to break the record. He is due to arrive in Adelaide on November 19.

The Premier, John Bannon, has been invited to join Cox at the 50, 25 or 10km points from Adelaide. Entry will also be open to the public at those points.

Primary and secondary school children will form teams and run at 5, 2 and 1km points along King William Rd to the Town Hall, where the Lord Mayor, Steve Condous will greet the runners.

The Life Education Centre program focuses on diet, exercise, body functions, physiology, anatomy, use of medicines and drug misuse.

along the route with a mini camera I have."

There are no three or four-star hotels for this marathon man.

He stays in hostels such as the Adelaide Youth Hostel in the city.

Bachelor Govi's marathon exploits are underlined by the fact that he runs them all in between 3 and 3½ hours and has also competed in 15 half-marathon events this year.

He's also run in 11 races over 100km.

His best marathon time of 2 hrs 51 minutes came in 1988 in Florence but he has run more than 10 under the 3-hour mark.

"It's no big deal. I know some Belgian and Finnish runners who compete in about 40 marathons annually," said Govi.

"Each year I try to pick a new spot to run a marathon but obviously work and money dictate how many places you can visit."

Govi runs "only" about 110km a week in daily training and has spent his days leading up to today's event sightseeing.

So how does this marathon man recover from all the kilometres?

"After two or three days I usually feel okay. Anyway my next race is next

Sunday near Ancona in Italy," he said.

Govi said he spent about 30 weekends each year running in either marathons or other races, including weekend trips across the border in Austria, Switzerland, Belgium and Germany.

"You only live once," he said.

"So I'm trying to make the most of it and see the world."

More than 300 runners took to Adelaide's streets for today's 14th marathon organised by the South Australian Road Runners Club with proceeds aiding the Muscular Dystrophy Association.